

EAT

CAFETERIA CONNECTION

Ask the children to examine the MyPyramid poster in the cafeteria. Tell them to look for three foods on the poster that could give them important vitamins and fiber. Discuss their observations and ideas when the students return back from lunch and have had an opportunity to review the poster.

LEARN

CLASSROOM ACTIVITY

Objective

Students will identify healthy breakfast foods.

10 Minute Lesson

The classroom teacher will briefly discuss why it is important to make healthy breakfast choices and explain which types of foods and drinks are the “better-for-you” options and which types should be eaten only occasionally if at all. The teacher will then read a short story paragraph introducing a scenario about shopping for healthy breakfast foods. Students will decide which “better-for-you” foods are good choices to add to the shopping cart, and which items are best to generally avoid.

LIVE

Home Activity

Ask the children to accompany an adult when they are shopping for food, and help the adult choose at least three healthy foods or drinks they could have for breakfast. Or, the student can ask the adult to put the name of three healthy breakfast foods or drinks on their shopping list before they go food shopping.

Teacher's Notes

Background

- For an energy boost that lasts all morning long, give your body what it needs by choosing healthy grains, lean proteins, low fat dairy products, fruits, and vegetables for breakfast.
- The foods below are top-picks to perk you up, keep you feeling full, and nourish you with important vitamins and minerals:
 - ✓ Whole grain breads (whole wheat toast, bagels, English muffins, pancakes, and waffles)
 - ✓ Hot and cold cereals made with oats or bran
 - ✓ Fresh fruits, dried fruits like raisins, and fruits canned in juice instead of syrup
 - ✓ Colorful vegetables (for example, baby carrots with peanut butter or yogurt to dip, or chopped veggies stirred into scrambled eggs)
 - ✓ Skim or low fat milk and foods made with them, such as cheese or yogurt
 - ✓ Lean muscle building proteins (for example, eggs, lean ham, turkey or chicken sausage)
- Foods that are high in sugar and/or fats, especially those that are low in fiber, protein, vitamins, and minerals should be consumed, if at all, only occasionally as “treats.”
 - ✓ It's best to pass on foods like donuts and pastries, snack cakes or cookies, fruit flavored drinks with little or no juice, soda, candy bars, and chewy “fruit” flavored snacks in the morning.
 - ✓ These types of foods might give you quick energy, but they may not keep you satisfied and feeling your best until lunchtime. They probably don't contain many, if any, good nutrients for your body, either.

LEARN 10 Minute Lesson

Introduce a scenario to the students by reading this short paragraph: *Ava LIVE is shopping with her mom for breakfast foods. They are in a hurry to get to Ava's soccer practice, so they quickly fill their shopping cart. On their way to the checkout line, they run into Ava's pals, Theodore EAT and Sydney C. LEARN. “Hold on!” says Theodore, “some of those foods in your cart may not be the healthiest choices to eat for breakfast.” “We can help you pick the best foods to give you energy and learn at school,” Sydney chimes in. “Great!” says Ava, “Let's do a quick shopping cart makeover!”*

Draw a rough sketch of Ava's shopping cart on the blackboard, and write in the names of the foods below:

Donuts	Candy	Soda	Whole Wheat Bread
Bananas	Peanut Butter	Orange Juice	Waffles
Canned Peaches	Lemonade Flavored Drink	Plain Cheerios Cereal	Cookies
Low Fat Yogurt	Snack Cakes	Carrot Sticks	Apples
String Cheese	Eggs	Oatmeal	Raisins

Challenge the students to identify 5 foods that represent the least healthy choices, and erase the names of those foods from the shopping cart (donuts, candy, lemonade flavored drink, snack cakes, soda). Then, ask the students to name 5 healthy breakfast foods or drinks they can think of to add into the cart (refer to ideas discussed in the background information above). Give them clues, for example, ask them what could they drink for healthy bones and teeth (low fat milk, calcium fortified juice, low fat soy milk).

Optional Enrichment Idea

Draw a large supermarket cart on a large piece of poster board or paper, and hang it in the classroom. Ask the students bring in pictures of healthy breakfast foods (they can look in newspapers, magazines, supermarket circulars, or cut them off the empty food boxes or packages). Have the students glue their pictures inside the shopping cart.