

EAT

CAFETERIA CONNECTION

Instruct the students see if the breakfast foods on the menus they planned can be found on the Food Pyramid poster in the cafeteria. Student can also check for foods on the poster that were not discussed in class. Discuss the findings when the students come back to class after lunch.

LEARN

CLASSROOM ACTIVITY

Objective

Students will plan a healthy breakfast.

10 Minute Lesson

The teacher will briefly reinforce the importance of eating a healthy breakfast every morning and define what it means “to plan” something. The teacher will then lead a short activity, using a simple grid on the chalkboard, by asking the students to plan three healthy breakfast meals.

LIVE

HOME ACTIVITY

Instruct the students to ask their mom or dad (or other household adult) to sit down with them and plan a healthy breakfast for the upcoming weekend. Encourage the students to plan a breakfast meal that they can prepare for their whole family. The students can include the items listed in the classroom discussion or items found in the cafeteria’s Food Pyramid poster.

Teacher's Notes

Background

The Food Guide Pyramid (MyPyramid) includes 5 food groups that everyone needs to build a balanced diet: grains, meat/beans, fruits, vegetables, and milk.

Choosing a variety of healthy foods from each of the food groups at breakfast time will help you get the energy, fiber, vitamins, and minerals you need to get your through the morning.

For good dietary balance, plan to choose a food or foods from at least 3 of the 5 food groups with each morning meal.

For an ever better, super nutrition breakfast, include 2 servings of fruit and/or vegetables with your breakfast, plus a food from any 2 other MyPyramid Groups. With a little planning, it's easy to do! Examples:

Cereal (grain)	+	Low Fat Milk (milk)	+	Banana (fruit)	+	Orange Juice (fruit)
Eggs (meat)	+	Whole Wheat Toast (grain)	+	Potatoes (vegetable)	+	Fruit Cocktail (fruit)
Peanut Butter (meat)	+	Whole Grain Crackers (grain)	+	Baby Carrot Sticks (vegetable)	+	Fresh Apple Slices (fruit)

LEARN 10 Minute Lesson

Introduce the lesson: As we have already discussed, breakfast is an important meal because it gives us the energy we need to do start our day right. So it is a good idea to plan to eat a healthy breakfast everyday. "To plan" means "to arrange to do something," like deciding what to wear each day to school, or planning what you are going to do on Saturday. Right now we are going to plan three super-healthy healthy breakfast meals and we'll use the chalkboard.

Write the grid below on the chalk board:

	Fruit or Vegetable #1	Fruit or Vegetable #2	Fill in a food in 2 or 3 of these groups:		
			Grains	Milk	Meat/Beans
Breakfast 1					
Breakfast 2					
Breakfast 3					

Ask the students to plan three healthy breakfast meals by giving suggestions of foods to add into the grid .

- Explain that since most kids do not eat enough fruits and veggies in one day, you'd like them to try and plan breakfasts with 2 servings of these kids of foods. Examples are fresh, canned, dried or frozen fruits, including berries; 100% fruit or vegetable juice; potatoes; carrot sticks; diced veggies to stir or put on top of your eggs.
- Good grain ideas are whole grain ready-to-eat cereals, oatmeal, muffin, toast, bagels, pancakes, waffles, bagels.
- Milk foods could be low fat milk (white or flavored), yogurt, cheese, or pudding.
- Meat foods could be eggs, beans in burritos, sunflower seeds, sausage, ham. **NOTE:** bacon and cream cheese are not in this group because they do not contain enough protein.
- Some foods contain >1 food group, for example a breakfast burrito could have meat (eggs), grain (tortilla), and veggies.
- If a student makes a "less than healthy" suggestion, such as a soft drink or donut, gently instruct that they need to plan "good for you" foods for breakfast.
- Quickly review the three menus once all the ideas are on the board.
- Tell the students that the school breakfast program, if you have one, plans breakfasts like this so they are healthy.

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Ideas

Print off a "Breakfast Everyday Classroom Calendar" from the Internet (<http://eesc.oregonstate.edu/agcomwebfile/EdMat/html/4-H/4-H6830L/Classcal.pdf>) and post it in the classroom so students can record each day they plan and eat a healthy breakfast. At the end of the month, review the calendar with the class and discuss trends.