

## **EAT**

### **CAFETERIA CONNECTION**

Ask the children to examine the MyPyramid poster in the cafeteria. Tell them to look for a healthy food or beverage on the poster that is good for building healthy bones and teeth. 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 state the names of several possible breakfast choices, and students will decide if they are “better-for-you” options or if they are ones better to generally avoid. Students will “act out” their responses by participating in a simple energizing physical activity.

## **LIVE**

### **HOME ACTIVITY**

Ask the children to accompany an adult when they are shopping for food, and help the adult choose at least one healthy food they could eat for breakfast. Or, the student can ask the adult to put the name of one healthy breakfast food 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 the lesson to the students** by first explaining the importance of making healthy breakfast choices to give your body energy, fiber, protein, vitamins and minerals. Discuss how many sugary and fatty foods are not the best choices to give your body lasting energy and important nutrients. Give some examples of “better-for-you” choices and examples of foods that should be consumed, if at all, only occasionally as treats. Refer to the background information above.

### **Explain the learning activity**

Have the students stand up at their desks. Tell them we will pretend we are shopping for breakfast foods. They will need to decide if certain foods or drinks are “better-for-you” choices or if they are the kind of things you should only have once in a while, if at all, for breakfast.

Explain that you will call out the name of some foods and drinks one at a time. Tell the students if they think that food or drink is a better-for-you choice, they should stretch up as high as they can with their arms, as if to reach for it so they can put it in their shopping cart. If they think it's not a very healthy choice to eat all the time, ask them to run in place as if they are running away from the food so they can find another better choice.

Challenge the students with the names of various foods and drinks discussed in the background information above.

## Optional Enrichment Idea

Have the students participate in another energizing physical activity with a breakfast theme. Have them sing and act out alternative words to the well-known song, “If You're Happy and You Know It Clap Your Hands.” Use these words and actions when singing the verses for the song: If you like your eggs scrambled touch your toes; If you like your eggs poached jump up and down; If you like your eggs soft boiled bend your knees; If you like your eggs hard boiled run in place.