



5: Breakfast

Activity A: Perfect Parfaits

Objectives:

Participants will be able to:

- Define a healthy breakfast as a meal including at least 2 food groups
- Define a healthy breakfast as a meal that is low in sugar and fat

Materials:

- ✓ MyPlate poster or handouts
- ✓ “Brilliant Breakfast” handout
- ✓ Can opener
- ✓ Measuring cups
- ✓ Plastic cups, knives, & spoons (for each participant)

Food Supplies (for approximately 20 participants):

- ✓ 20 snack sized yogurt cups
- ✓ 20 strawberries
- ✓ 7 bananas
- ✓ 8 cups of whole grain cereal
- ✓ 3 cups of nuts (almond, pecan, or walnut) (optional)

1. **SAY:** Stand up if you like to eat breakfast.
2. **SAY:** We all should eat breakfast because it is the most important meal of the day. You need breakfast to get your body going in the morning.
3. **ASK:** **What do you like to eat for breakfast?**

ANSWER: (various answers)
4. **SAY:** Today we are going learn about why eating breakfast is so important and what types of foods are healthier to eat for breakfast. It is the beginning of a new year, so it is the perfect time to get into the habit of eating breakfast every morning.
5. **SAY:** Since breakfast is the most important meal of the day, eating something for breakfast is better than eating nothing. However, some foods are healthier to eat than others.
6. **SAY:** Eating breakfast also has many benefits. Eating breakfast can help us get the nutrients we need like vitamins, minerals and fiber. These are all things that help our bodies stay healthy and strong.
7. **SAY:** Eating breakfast fuels our bodies with nutrients so that we can concentrate at school and be alert to learning new things. It also helps us feel good about our bodies and breakfast just tastes good! The foods that we eat for breakfast give us energy for the day. Remember that we must also burn off the energy we eat by doing physical activity. Therefore, we want to stay away from breakfast foods that are high in sugar and high in fat.

8. **SAY:** To help you get the nutrients you need to start the day, eat foods from two or more food groups. Multiple food groups will help provide you with the nutrients and energy you need to concentrate, be alert, energetic, and feel good. It may even help you do well in school.

9. **ASK:** **So based on what I just said, what do you think happens if you don't eat breakfast?**

ANSWER: You become less alert, less energetic, you're not able to concentrate and you may not do as well in school and on tests/quizzes.

10. **SAY:** You may also get headaches, stomach cramps, and feel grumpy if you don't eat breakfast.

11. **ASK:** Look at the MyPlate poster. What foods in each group do you eat for breakfast?

ANSWER: have kids look at each food group and identify food that they eat

12. **SAY:** You don't always have to eat breakfast food for breakfast. You could have a peanut butter and jelly sandwich or even leftover pizza. Pizza and sandwiches help you get a variety of nutrients because they are combination foods. Remember combination foods are foods that include 2 or more food groups.

13. **SAY:** We are going to look at some breakfast options and try to decide which ones are healthier choices. Remember a healthy breakfast has multiple food groups and includes foods that are low in sugar and low in fat.

14. **TASK:** Hand out "Brilliant Breakfast" handout.

15. **SAY:** Look at the 7 different breakfasts.

16. **ASK:** **Which 4 breakfasts are the healthiest? Why?**

ANSWER:

Breakfast	Why
Breakfast # 2.....	It has 3 food groups and has low sugar cereal, and low fat milk
Breakfast # 3.....	It has 3 food groups and is low in sugar and fat
Breakfast # 5.....	It has 4 food groups and is low in sugar and fat
Breakfast # 7.....	It has 2 food groups

17. **ASK:** What food groups are in each of the breakfasts?

ANSWER:

Breakfast

Food Groups

Breakfast # 1 Grains, Dairy

Breakfast # 2 Grains, Dairy, Fruit

Breakfast # 3 Grains, Fruit, Protein

Breakfast # 4 Protein

Breakfast # 5 Grains, Fruit, Vegetable, Dairy, Protein

Breakfast # 6 Protein, Dairy

Breakfast # 7 Grain, Protein (remember jelly is considered an “extra”)

18. **SAY:** Breakfast #1 includes 2 food groups, but it has a lot of sugar from the cereal and a lot of fat from the milk. Breakfast #4 only includes 1 food group and it has a lot of fat from the bacon. Breakfast #6 is made up of 2 food groups, but the sausage and biscuit add a lot of fat to the meal.

19. **SAY:** To help you stay full longer you should choose foods for breakfast that are high in fiber. We will talk more about fiber in upcoming lessons, but for now know that fruits, vegetables, nuts, and whole grains like oatmeal contain fiber.

20. **SAY:** Look at the breakfasts on the handout again. Which ones include fruits, vegetables, protein, or whole grains?

ANSWER:

Breakfast

Why

Breakfast # 2 strawberries and whole grain cereal provide fiber

Breakfast # 3 oatmeal, raspberries, and walnuts provide fiber

Breakfast # 5 veggies, fruit, and whole grain toast provide fiber

Breakfast # 7 whole grain bread and peanut butter provide fiber

21. **SAY:** These fiber-rich breakfasts will keep you full longer and keep you going longer.
22. **SAY:** Today, we are going to make parfaits, a breakfast item that includes 3 (4 if nuts are included) of the food groups. But remember eating something for breakfast is better than eating nothing.

Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Display ingredients.
3. **TASK:** Have the participants wash their hands.
4. **ASK:** **What food groups are we going to include in the parfaits?**
ANSWER: Dairy (yogurt), fruit (berries and bananas), protein (optional-nuts), grains (cereal)
5. **TASK:** Pass out plastic cups, spoons, and knives.
6. **TASK:** Have the participants wash the berries and bananas.
7. **TASK:** Distribute approximately $\frac{1}{3}$ cup of cheerios, $\frac{1}{3}$ of a banana, 2 raspberries (or 1 strawberry), and 2 Tbsp. of nuts to each participant (optional).
8. **TASK:** Have the participants slice their bananas (and possibly strawberries).
9. **TASK:** Have the participants layer the ingredients in their cups and enjoy their treats!

Brilliant Breakfast

Q: Which breakfast options are the healthiest?

Breakfast #1

Sugar Coated Cereal
Whole Milk

Breakfast #2

Whole Grain Toasted Oat Cereal
Low Fat Milk
Strawberries

Breakfast #3

Oatmeal
Raspberries
Walnuts



Breakfast #4

2 Fried Eggs
4 Slices of Bacon

Breakfast #5

Scrambled Eggs with Spinach and Tomato
1 Piece of Whole Wheat Toast
Glass of Low Fat Milk
Orange Slices

Breakfast #6

Sausage & Egg Biscuit

Breakfast #7

Peanut Butter and Jelly Sandwich on
Whole Wheat Bread



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Activity B: Wacky Waffle Pizza

Objectives:

Participants will be able to:

- Recognize 1 health benefit of eating breakfast
- Identify a healthy breakfast as a meal with at least two food groups
- Identify a healthy breakfast as a meal that is low in sugar and fat

Materials:

- ✓ Paper plates for each participant
- ✓ Plastic knives for each participant
- ✓ Measuring cups and spoons
- ✓ Oven or toaster (if available)

Food Supplies (for approximately 20 participants):

- ✓ 20 whole grain waffles (10 whole grain bagels if there is not an oven or toaster)
- ✓ 1 (18 oz.) jar peanut butter, creamy
- ✓ 10 bananas

1. **TASK:** Review the information from last lesson:
2. **ASK:** **Why did we say eating a healthy breakfast was important last time?**
ANSWER: Gives your body the nutrients, and fiber that it needs to be healthy and strong.
3. **ASK:** **Does breakfast give you more energy, make you more alert and ready to learn?**
ANSWER: yes
4. **ASK:** **What things should we consider when selecting a breakfast?**
ANSWER: Foods that are low in sugar and low in fat; eating foods from multiple food groups
5. **SAY:** Today we are going to review why eating breakfast is important and how we can benefit from eating a healthy breakfast.
6. **SAY:** I will read three stories about students who ate different breakfasts. As I am reading, try and think about how they are different. We will talk about why they felt the way they did at the end.
7. **SAY:** Remember breakfasts that include multiple food groups and fiber help us get the nutrients we need. Fiber keeps us feeling full longer. Foods that don't contain a lot of sugar and/or fat are also good choices for breakfast.
8. **TASK:** Read the *Tale of Three Breakfasts* to the participants. SEE STORIES BELOW:

The Tale of Three Breakfasts*

Jeremy's Breakfast:

Jeremy was late for school, so he left without eating breakfast. By midmorning (around 10:00 AM), he was fidgety and had trouble concentrating. His stomach was grumbling before lunchtime, and he had trouble completing his morning math quiz.

Tisha's Breakfast:

Tisha was also running late for school, but when she got there, she went to the cafeteria and ate the school breakfast of waffles, a banana, and 1% milk. Instead of syrup and butter, Tisha topped her waffles with 1 tablespoon of peanut butter. She felt great all morning and did very well on her math quiz.

Omar's Breakfast:

Omar grabbed two doughnuts and a glass of Kool-Aid as he ran out the door for school. He was full of energy and enthusiasm for a while, then his mind started to wander, and, like Jeremy, he had trouble finishing the math quiz.

**Adapted from the Breakfast Club Worksheet 1. Source: Eat Well & Keep Moving, p133.*

9. **ASK:** Why did Jeremy feel the way he did by lunchtime?

ANSWER: He did not eat anything in the morning. His body had no energy and he was unable to concentrate on the quiz. He was hungry, tired, and distracted!

10. **ASK:** Why did Tisha feel the way she did by lunchtime?

ANSWER: She ate an excellent, healthy breakfast that combined four food groups. She was alert and energized. Tisha had the nutrients she needed to concentrate on the quiz and do well.

11. **ASK:** What were the four food groups in Tisha's breakfast?

ANSWER: Fruit (banana); Grains (waffle); Dairy (1% milk); Protein (peanut butter).

12. **ASK:** Why did Omar feel the way he did by lunchtime?

ANSWER: It was good he had breakfast, but it was not ideal. Omar's breakfast did not include foods from multiple food groups. The foods he chose contained mostly fat and sugar and made him feel tired and restless. His energy loss affected his concentration for the math quiz.

13. **SAY:** Today, we are going to make and taste the breakfast Tisha ate, Wacky Waffle Pizza!

Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Have participants wash their hands.
3. **TASK:** Display the ingredients.
4. **ASK:** **How many food groups are we using for this breakfast? What food groups are they?**
ANSWER: 3; Grains (Waffle), Protein (Peanut butter*), and Fruit (Banana).
5. **TASK:** Hand out paper plates and plastic knives.
6. **TASK:** Ask the participants to place a waffle on their plate.
7. **TASK:** Heat the waffles according to the instructions on the package in an oven or toaster oven**.
8. **TASK:** Ask the participants to wash the bananas.
9. **TASK:** Distribute 1 tablespoon of peanut butter, ½ a banana, and 1 waffle, to each participant.
10. **TASK:** Ask the participants to spread the peanut butter over their waffle.
11. **TASK:** Ask the participants to slice their bananas.
12. **TASK:** Ask the participants to place their fruit on top of the waffle/peanut butter and enjoy their breakfast!

* Substitute soy nut butter for peanut butter if a student has a peanut allergy.

** Substitute ½ a bagel for each waffle if you do not have an oven or toaster.