

EAT

CAFETERIA CONNECTION

Ask the children to determine how much time (number of minutes) is available to eat breakfast in the school cafeteria. If breakfast is not available at your school, ask the children to determine how many minutes is available for lunch and decide if more or less time would be needed to eat a healthy breakfast.

LEARN

10 Minute Lesson

Objective

Students will identify ways to fit breakfast into a busy schedule

CLASSROOM ACTIVITY

Through teacher-guided discussion, children will brainstorm the reasons people give for not eating a healthy breakfast. Students will be asked to come up with solutions to those reasons that they could apply themselves that will help them fit breakfast into their morning routines.

LIVE

HOME ACTIVITY

Have students write a complete morning schedule for themselves or the entire family that includes making and eating a healthy breakfast and review that plan with their family members.

Teacher's Notes

Background

Families may be pressed for time in the morning, but grabbing a donut and caffeine-containing beverage isn't going to do the job. A healthy breakfast should contain a variety of foods like whole grains, low-fat protein, or dairy sources and fruit. This is a winning combination to help jump start your day. Fortunately there are many healthy options that can fit into a family's busy schedule. Here are some quick and easy breakfast ideas:

- * Bowl of instant oatmeal topped with fruit or walnuts
- * Whole-grain toast topped with peanut butter
- * Low-fat yogurt topped with fruit, nuts, granola
- * Trail mix of high-fiber cereal, dried fruit, nuts
- * Low-fat granola bar & 100% fruit juice
- * Bowl of ready-to-eat whole-grain cereal topped with fruit
- * Breakfast Burrito-scrambled eggs, salsa, cheese, tortilla
- * Leftover cold vegetable pizza and glass of 100% juice
- * Toasted whole grain bagel with peanut butter or cheese
- * Toasted whole-wheat waffle tipped with applesauce

LEARN 10 Minute Lesson

Introduce the lesson topic: *Breakfast gives us energy for our bodies and mind after a long nights sleep. While everyone should know breakfast is the most important meal of the day, many people do not eat breakfast.*

Ask students -*What are some of the reason people might give for not eating a healthy breakfast?*

Some possible answers-Woke up late, too hurried in the morning, not hungry when you first wake up, mom and dad's work schedule, school schedule, bus schedule, before school extra-curricular activities, sports practices.

Ask Students- *With some planning it's easy to find time to eat a healthy breakfast. Can you think of solutions to the reasons for breakfast skipping we talked about?*

Some possible answers-*Set alarm clock 10 - 15 minutes earlier; bathe or shower, organize clothes, and pack your back-pack the night before; set table the night before with cereal bowl, cereal box, drinking glass, fruit, so all you have to do is add milk to your cereal and pour juice; pack a brown bag breakfast and eat it on your way to school; if your school offers it, you could eat a school breakfast. Avoid snacking right before bed- you may be hungrier for breakfast in the morning. Some breakfast skippers find that when they change their habits to eat even a little in the morning, their appetites change so that after a while they start to feel hungrier at breakfast time and have less intense hunger later in the day.*

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

Optional Enrichment Ideas

Breakfast in fast food restaurants is a time saving solution for many people with busy schedules. Some choices may be healthier than others. Have the students examine the offerings at a popular fast food restaurant (obtain copies of the menu from a restaurant or print them out from the Internet) and identify ways they may be able include fruits, vegetables, and dairy foods in a fast food meal.