

EAT

CAFETERIA CONNECTION

Ask the students to examine the food pyramid poster in the cafeteria and identify one food they could include in a quick and easy breakfast at home. Discuss their observations and ideas when they return to class.

LEARN

10 MINUTE LESSON

Objective

Students will identify ways to fit breakfast into a busy day.

CLASSROOM ACTIVITY

Students will listen to a short story about Sydney C. Learn’s morning routine that did not include eating breakfast before school. Through teacher-guided discussion, children will identify how Sydney could better plan his day to make sure he has time to start the day with a healthy meal.

LIVE

HOME ACTIVITY

Instruct the children to take note of how much time they spend eating breakfast at home. Discuss the students’ reports in class. Decide if the time it takes to have a morning meal is worth that time spent given all the benefits of eating a breakfast.

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

Read this short story to the students: *Sydney C. Learn woke up after a good-nights sleep and made his bed. He looked all through his drawers frantically while getting dressed, looking for his lucky blue shirt since he had an important spelling quiz that morning. He went downstairs so he could pack his back-pack, and when he realized his pencils weren't sharp, he ran back upstairs to get his pencil sharpener. All this time, Sydney's dog, Jack, was following him around. Sydney knew that meant Jack was hungry, so he gave Jack some food and fresh water. Uh-oh, said Sydney, I better get to school. He brushed his teeth, put on his coat, and hurried out the door. "Wait!" said Sydney's mom, "You almost forgot your lunch money. It's pizza day- your favorite!" Sydney thanked his mom and ran off to get to school.*

Lead a discussion:

Ask the students: Sydney had a busy morning but he forgot to do one important thing- what did he forget to do?

Answer: Sydney forgot to eat breakfast.

Ask the students: What do you think may happen since Sydney did not eat breakfast?

Answer: He may not do as well as he could on his quiz.

Explain: Mornings are a busy time of the day but we must fit breakfast in to fuel our bodies and brain after a long nights sleep.

Ask the students: How could Sydney fit breakfast into his busy morning schedule?

Answer: Sydney could get-up a few minutes earlier. He could organize his clothes, back-pack, and lunch money the night before so he had time to could sit at the table and eat breakfast while Jack ate his breakfast, too.

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

Optional Enrichment Idea

Have students color a picture of them doing their morning routine which includes eating a healthy breakfast. Hang their pictures in classroom or in the school cafeteria.