

EAT

CAFETERIA CONNECTION

Ask the children to examine the MyPyramid poster in the cafeteria. Tell them to look for at least one healthy food or beverage on the poster from each food group. 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 be able to help plan a healthy breakfast.

10 Minute Lesson

After briefly reinforcing the importance of eating a healthy breakfast every morning, the teacher will define what it means “to plan.” The teacher will then lead a simple activity where students pretend they are “junior chefs” and help the teacher plan three healthy breakfast meals as a group, using the chalkboard.

LIVE

HOME ACTIVITY

Instruct the students to ask an adult at home to help them plan a healthy breakfast for the upcoming weekend. Tell the students to plan a breakfast that they can help to prepare or maybe even prepare independently. Suggest students consider some of the ideas discussed in class when they do their breakfast planning.

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 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!

Super-Nutrition Breakfast Examples

Cereal (grain)	+	Low Fat Milk (milk)	+	Banana (fruit)	+	Orange Juice (fruit)
French Toast (meat, grain)	+			Canned Apples for Topping (fruit)	+	Low Fat Milk (milk)
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)
English Muffin w/ Cheese Melted on Top (grain, dairy)			+	Unsweetened Applesauce (fruit)	+	Apricot Nectar (fruit)
Yogurt w/ Cereal Sprinkled on Top (dairy, grain)			+	Apple Juice (fruit)	+	Raisins (fruit)
Mini Bagel w/ Jelly (grain)	+	String Cheese Stick (milk)	+	Fresh Grapes (fruit)	+	Pineapple Juice (fruit)

Learn 10 Minute Lesson

Teacher script: *Breakfast gives us energy to start the day and do our best. Right now we are going to do a fun activity about how to plan a healthy breakfast. "To plan" means "to arrange to do something," like deciding what to wear each day to school, or planning who to invite to your birthday party.*

Ask the students to pretend they are "junior chefs" and ask them to help you plan three super-healthy breakfast meals. **Explain** that each meal will include:

- Two servings of fruit and/or vegetables
- A food from 2 additional MyPyramid Food Groups- grains, meat/beans, milk/dairy

Coach the students to think of foods from each of the MyPyramid food groups:

- Good fruit or vegetable choices can include fresh, canned, dried or frozen fruits, including berries, and juice
- Good grain items could include whole grain ready-to-eat cereals, oatmeal, muffin, toast, bagels, pancakes, waffles
- Good meat items could include eggs, lean ham, and turkey sausage
- Good milk/dairy foods include low fat milk, yogurt and reduced fat cheese
- Some foods combine 2 or more food groups, for example a breakfast burrito could contain grain, meat, and even vegetables

As the students give their suggestions, write them down on the chalkboard and "build" three breakfast meals. If a student offers a "less than healthy" suggestion, such as a soft drink for a beverage, 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. **If your school has a school breakfast program you can add:** *You can eat a healthy breakfast every day at school. Our cooks plan the breakfast to include healthy foods, like milk, fruits and cereal.*

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

Optional Enrichment Idea

Have the students prepare simple breakfast foods they can sample (wash hands before handling food). For example, children can spread light cream cheese on top of whole wheat mini bagel halves and top them with foods like as raisins, sunflower seeds, shredded carrot, diced drained canned fruit, banana slices, or fresh berries. Students can taste soy milk or calcium fortified juice as drinks. Check children's cookbooks for other ideas. It is suggested you CONSULT WITH THE SCHOOL NURSE about students with known food allergies before planning this activity.