

## **EAT**

### **CAFETERIA CONNECTION**

Ask the students to compare the nutrient content of the various milk types offered in the cafeteria and decide which type is the most “nutrient dense.” 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 supply nutrient information for 2 drinks that could be chosen for breakfast. Students will decide which drink is the healthiest, most “nutrient dense” of the 2 choices.

## **LIVE**

### **Home Activity**

Ask students to examine the nutrition facts panel of one drink they could choose at home to have for breakfast. Have them write down the name of the drink, and copy the serving size and % Daily Value of vitamins and minerals the drink provides per serving from the nutrition facts label. Discuss findings and which drinks are good sources (contain at least 10% Daily Value per serving) of Vitamin A, C, calcium, iron, and other nutrients.

# 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

**Briefly introduce the topic of the activity by reviewing why it is important to choose healthy breakfast foods, and what are examples of better-for-you and not-so healthy choices.** Refer to the background information above.

**Introduce the idea that “nutrient dense” foods are those that are lower in calories, fats, and sugars and higher in important nutrients like protein, vitamins, and minerals.** Give an example: If two drinks have the same or similar amounts of calories, but one has much more beneficial protein, vitamins, and minerals, then the one with more of the beneficial nutrients is more nutrient dense and a healthier choice. **Ask the students** if they know how they can objectively compare two foods for nutrient density, and explain you can get information about calories, sugar, and other nutrients in foods. Answer: You can compare information on the nutrition facts labels.

**Write some nutrition information about 2 potential breakfast drinks on the blackboard, and challenge the students to identify which drink is more nutrient dense.** Explain that milk is more nutrient dense because it has the same calories as the iced tea but it also contains protein, vitamin A, and calcium. Discuss that the sugar in the tea is added sugar in the form of high fructose corn syrup, and that the sugar in white milk is naturally occurring lactose. The natural sugar actually helps you absorb the calcium!

Nutrition Fact Data	Drinks	
	SWEETENED ICED TEA	1% WHITE MILK
Serving size	8 oz	8 oz
Calories	110	110
Grams of sugar	26	11
Grams of protein	0	8
% Daily value Vitamin A	0	6
% Daily value Vitamin C	0	0
% Daily value Calcium	0	30
% Daily value Iron	0	0

## Optional Enrichment Idea

Have the students assess nutrient density of foods by comparing their nutrition fact labels. Suggested comparisons: cream cheese vs. string cheese; bagel vs. donut; lemonade vs. orange juice; frosted shredded wheat type cereal vs. fruit-flavored sweetened cereal. NOTE: Comparing equal portion sizes makes it easier to assess them.