

EAT **CAFETERIA CONNECTION**

Observe the foods being offered for lunch, as well as foods students are eating that they brought from home. Determine what foods that are typically eaten for lunch could also be eaten for a healthy breakfast.

LEARN **CLASSROOM ACTIVITY**

Objective

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

10 Minute Lesson

Through teacher guided discussion students will brainstorm food items that are traditionally served for other meals but could be eaten as a healthy breakfast. Students will gain a wider appreciation of healthy non-traditional breakfast foods.

LIVE **HOME ACTIVITY**

Make note of how many minutes you spend eating breakfast over the course of one week.

Calculate what percentage of your total available time was devoted to eating morning meals. HINT: There are a total of 1440 minutes in one day, and a total of 10,080 minutes in one week.

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 topic of the lesson: *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 decide not to eat breakfast. While there are foods that are traditionally eaten for breakfast that not your only option. Let's explore some foods that are quick, easy, nutritious and delicious that we don't typically think of as breakfast foods.*

Lead a group discussion-Write responses on the chalkboard. Encourage "out of the box" thinking.

Ask the students-*Name the foods that are traditionally eaten for breakfast*

Possible answers-*Cereal, eggs, toast, juice, pancakes, etc.*

Ask the students-*Now let's list all the foods that typically are not eaten for breakfast but would still make a healthy breakfast choice.*

Possible answers-*Cold vegetable pizza, fruit smoothie, macaroni and cheese, breakfast burrito, yesterday's left-over dinner, fruit parfait, and peanut butter & jelly sandwich.*

Candy, soda and other foods high in sugar are not the best choices for breakfast. Sugary foods may make you feel full and satisfied for a short period of time. Soon you will feel groggy, hungry and not able to do or feel your best.

Almost any food can be eaten to make healthy breakfast. Don't be afraid to try new things even if they aren't typical breakfast foods.

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

Optional Enrichment Idea

Assign each student a country and have them research what foods are typically eaten for breakfast in that country. Allow each student to present their findings, and ask them to comment on how morning meals compare to breakfast foods typically eaten in the U.S. How are they the same and/or different?