

The Importance of Breakfast: Five Days of Activities

Goal: Increase consumption of fruits and vegetables among your students, particularly during breakfast, so you will have focused, ready to learn, healthy students in the classroom.

Objective: By the end of January, 2010, your students will be able to state why breakfast is important to them, and there will be more students in your classroom who eat a healthy breakfast everyday.

Materials:

1. Paper
2. Writing instruments
3. Poster: “No Breakfast?”
4. Handout: “No Breakfast” & Plate
5. Mini tangerines
6. Yoga book for physical activity

Time You Will Need in the Classroom: approximately 5-15 minutes each day.

ACTIVITIES	Basic Educational Standard
<i>Day 1</i>	
Put up the poster. Using the talking points on the back of this sheet, discuss: Why is breakfast important? Have students write or say why breakfast is important to them. Ask students to decide on how many times s/he will eat breakfast this week. Have students write or say his/her breakfast goal.	Language Arts: Listening and Speaking 1.0 Writing 1.0
<i>Day 2</i>	
What makes a healthy breakfast? Discuss: a healthy breakfast has protein, vitamins, minerals, and fiber. What did you have this morning? Is it on the healthy or unhealthy side? Why is it healthy or unhealthy? Choose a healthy, <i>quick</i> breakfast you can prepare and eat tomorrow. Write or say your responses.	Language Arts: Listening and Speaking 1.0 Writing 1.0
<i>Day 3</i>	
Ask how many students had breakfast. Tally the number who ate breakfast and those who did not. Have the class color in the graph of the numbers who did and did not. Older students, can write a hypothesis, calculate percentages, draw pie charts &/or calculate mean, median, & mode.	Mathematics: Statistics, Data Analysis & Probability 1.0
<i>Day 4</i>	
Using the handout, students will write a word/phrase that describes how they feel when they do not have breakfast or eat an unhealthy breakfast. Students will draw how they feel. On the back side of the handout, students will draw his/her favorite healthy breakfast on the plate.	Language Arts: Listening and speaking 1.0
<i>Day 5</i>	
Students will participate in a taste test of tangerines and write about the taste, texture, & smell. Student will commit to getting a family member to taste a tangerine. Use the yoga book to do a yoga/stretch activity.	Language Arts: Writing 1.0



Breakfast Talking Points

Day 1 - Why Breakfast is Important:

Breakfast “breaks the fast” from the night before. Our stomachs are empty when we wake up in the morning. We need to fuel up, like a car, to be able to go places and do things. Those who eat breakfast tend to have:

- **Better Overall Health:** more likely to meet the body’s daily needs for vitamins and minerals
- **A Positive Attitude:** less grumpy, less irritable, and less likely to cause problems in class
- **Improved Attendance:** fewer sick days
- **Higher Test Scores:** alert, focused, and ready to learn
- **More Energy:** endurance for sustained activity and play
- **Healthier Body Weight:** more likely to have healthier body weight.

Day 2 - “A healthy breakfast has protein, vitamins, minerals, and fiber”

What You Can Eat:

Healthy breakfast items	Protein *	Vitamins**	Minerals**	Fiber***
Instant oatmeal & milk	✓	✓	✓	✓
Tortilla & beans	✓	✓	✓	✓
Rice soup & dried fish	✓	✓	✓	
Egg & whole wheat toast	✓	✓	✓	✓
Noodle soup & green vegetables	✓	✓	✓	✓
Whole grain cereal & fresh fruit	✓	✓	✓	✓
Plain yogurt & fruit	✓	✓	✓	✓
Dried fruit and nuts	✓	✓	✓	✓

For a *QUICK* Breakfast, What Else Can You Do?

- ✓ Plan what you will eat the night before
- ✓ Set out some foods and dishes on the table, ready for the morning rush
- ✓ Set the alarm 15 minutes earlier
- ✓ Sign up for the School Breakfast Program

* Protein: Protein is a basic building block for the body. It is important for building and maintaining muscle. Eating protein at each meal helps keep you full longer. Protein is found in beans, grains, vegetables, and animal products such as chicken, beef, eggs, and milk.

** Vitamins and Minerals: Both are essential nutrients required in small amounts by the body to help maintain health. These nutrients are important for normal functioning of our systems, i.e. immune system which helps fight disease and metabolism, which provides energy. Examples of vitamins are Vitamin C, Vitamin A, or Vitamin B1 (Thiamin). Examples of minerals are iron, calcium, & zinc

*** Fiber: plant foods that are not digested by the body. Fiber is good for digestion and keeps you feeling full so you don't overeat.