



# Bodacious Breakfasts

3<sup>rd</sup> grade lesson plan

## GOAL

Recognize the importance of eating a healthy breakfast and what makes up a healthy breakfast.

## OBJECTIVES

1. Students will be able to choose a healthy breakfast that includes at least three food groups.
2. Students will state that a healthy breakfast should include a food from the Protein group or the Dairy Group and a food from the fruit or vegetable group.

## MATERIALS

- Bodacious Breakfasts PowerPoint
- Taste test supplies
- Student handouts
- Parent handouts

## REVIEW

Review previous lesson.

## THE MOST IMPORTANT MEAL OF THE DAY

What is the most important meal of the day? Yes, Breakfast! Breakfast is made up of two words – BREAK and FAST. Who can tell me what a fast is? Yes, it is a long period of time without food. Did you know that every night we fast? When we are sleeping we are going for a long period of time without food – we are fasting. So when we eat breakfast in the morning, we are breaking the fast.

What do you like to eat for breakfast?

Let's take a look at some different breakfasts from around the world.

- This is a typical breakfast in Brazil...papaya, ham on toast, and a cup of juice.
- This is a typical breakfast in Japan – Miso soup, rice, pickled vegetables, and tea.
- This is a typical breakfast in the United States – pancakes, bacon, eggs, and juice

Now let's guess where some of these other breakfasts are found.

People eat different things for breakfast around the world. Is there one right food to eat for breakfast? No! Almost any food can be a breakfast food as long as we are making healthy choices.

Briefly review previous lesson.

Call on a few students to hear their answers.

Show pictures of breakfasts around the world.

Show pictures from other breakfasts around the world and have students guess where they are from.

Breakfast is often called the most important meal of the day....Who can tell me why breakfast is so important?

- Breakfast gives us energy to start the day! Why do cars need gas? What does gas give our cars? Right, our cars need gas to go and gas gives our cars energy – just like breakfast gives our bodies the energy it needs to go.

### BOOGIE FOR BREAKFAST

Since breakfast is so important for our bodies let's stand up and BOOGIE for breakfast. If you have ever had a piece of fruit with breakfast, do 10 jumping jacks.

- If you've ever had pancakes for breakfast, run in place of 10 seconds.
- If you've ever had eggs for breakfast, touch your toes 10 times.
- If you've ever had cereal for breakfast, do 10 arm circles.
- If you've ever had a parfait for breakfast, do 5 lunges.

Great job! Almost any food can be a breakfast food as long as we are making healthy choices. Today we are going to talk about what makes a Bodacious breakfast and we are going to use a triangle to help us out....

### TRIANGLE BREAKFAST

Building a healthy breakfast is as easy as 1...2...3! There are three things we want to think about when making a healthy breakfast:

#### 1. Does it have 3 food groups?

First thing we want to think about when we are choosing a healthy breakfast is the number of food groups in the breakfast. A healthy breakfast has a least 3 different food groups. Let's review the different food groups.

### MYPLATE REVIEW

MyPlate is a tool that we use to help people make a healthy food choices. All the colors on MyPlate are the different food groups. Let's name them all.

#### Grains

- Remember Grain Jane? The foods in the Grains group all come from plants and are mostly brown or white.
- What are some grain group foods that you could eat for breakfast? (*bread, cereal, oatmeal, bagels, etc.*). Remember that whole grain cereals and breads are the healthiest grains for your body.
- Anybody remember why the foods in the grains group are so important for your body? The **Grains** group foods get you started and give you energy.

#### Protein

- The **Protein Group** gives us lots of protein that we need to grow and keep our bodies (and muscles) strong. Some of these foods come from animals and some come from plants.
- Protein foods help our body grow, heal, and feel full.
  - *What are some foods from the Protein group you could eat for breakfast?*

Show picture of person putting gas in a car.

Show a picture of a triangle.

Show a picture of a breakfast with cereal, banana, and milk. Use this picture to talk about the 3 characteristics of a healthy breakfast.

Show a picture of MyPlate.

Show a picture of foods in the grains group.

Show a picture of foods in the protein group.

## Fruits and Vegetables

- The **Fruit Group** gives our bodies **vitamins and minerals** to stay healthy and strong.
- The **Vegetable Group** also gives our bodies **vitamins and minerals**, such as Vitamin A to help your eyes and Vitamin C to keep you from getting sick.
- Fruit and vegetables are very colorful. Try to eat lots of different colors of fruit and vegetables every day.
  - *What are some foods from the Fruit and Vegetable groups you could eat for breakfast?*

## Dairy

- The **Dairy** group foods are important for keeping your bones and teeth strong because of the **calcium** in them. These foods also contain protein.
- Foods in the dairy group give us calcium to build strong bones and teeth.
  - *What are some foods from the Dairy group you could eat for breakfast?*

Let's go back to the breakfast we were looking at before we started talking about the food groups. Does this breakfast have at least 3 food groups? Yes! Grains, Fruit, and Dairy

The second thing we want to think about when making a healthy breakfast is,

### 2. Does it have a fruit or a veggie?

Does this breakfast have a fruit or a veggie? Fruits and veggies provide our bodies with lots of nutrients to grow and be strong. Starting our day with a fruit or vegetable is a great way to get some of those nutrients our bodies need.

- Does this breakfast have a fruit or a veggie? Yes, banana!

The third thing we want to think about when making a healthy breakfast is,

### 3. Does it have a protein food?

Protein foods help our bodies stay full for a long period of time so that we aren't hungry right after we eat.

Remember foods that have protein are found in both the protein group and in the dairy group. So to have a healthy breakfast, have a food from the protein or dairy group with your meal.

- Does this breakfast have a protein food? Yes, the milk. This is a TRIANGLE breakfast!

Let's take a look at a few other breakfasts and see if they are TRIANGLE breakfasts.

- Oatmeal with fruit and almonds.
  1. Does it have at least 3 food groups?
  2. Does it have a fruit or a veggie?
  3. Does it have a protein food?
- Poptart and Sunkist
  1. Does it have at least 3 food groups?
  2. Does it have a fruit or a veggie?

Show pictures of foods in the fruit and vegetable groups.

Show a picture of foods in the dairy group.

Show picture of the cereal, banana, and milk breakfast.

Go through various breakfasts and talk about why the breakfasts are triangle breakfasts or not.



3. Does it have a protein food?
- Omelet with eggs, veggies, and cheese.
    1. Does it have at least 3 food groups?
    2. Does it have a fruit or a veggie?
    3. Does it have a protein food?
  - Pancakes, toast, bacon, eggs, and sausage
    1. Does it have at least 3 food groups?
    2. Does it have a fruit or a veggie?
    3. Does it have a protein food?
  - Sausage biscuit
    1. Does it have at least 3 food groups?
    2. Does it have a fruit or a veggie?
    3. Does it have a protein food?
  - Cereal with fruit and milk
    1. Does it have at least 3 food groups?
    2. Does it have a fruit or a veggie?
    3. Does it have a protein food?

Let's talk a little more about cereals. There are cereals that are not so good for our bodies and ones that are good for our bodies.

- Of these two cereals, which cereal is better for our bodies? Fruit loops or cheerios?
  - That's right, Cheerios. Why? Fruit loops doesn't actually have any fruit in it – just lots of sugar. Take a look at the ingredients list I for each of these cereals. What is the first ingredient on the Fruit Loops – Sugar! That means that sugar is the main ingredient in the cereal. That's crazy!
  - What is the first ingredient in Cheerios? Whole Grain Oats! That means that whole grain oats are the main ingredient in the cereal...That's much better!
  - When we are choosing cereals, we want to choose cereals that have a whole grain as the first ingredient and as little sugar as possible.

### WRAP UP

Today we learned all about Bodacious Breakfasts and how to use a triangle to make a healthy breakfast.

- What are the 3 things that make up a healthy breakfast?

### CHALLENGE

I challenge you to eat breakfast every day and to make sure that it is a TRIANGLE breakfast.

Show a picture of the ingredients list for both Cheerios and Fruit Loops.

### TASTE TEST IDEAS

- **Breakfast Parfaits:** Layer low-fat or fat-free vanilla yogurt with canned or fresh fruit and crunchy cereal or granola, preferably in a clear cup.
- **Breakfast Banana Split:** Put granola on a plate, place a banana (a length-wise piece) on top, scoop cottage cheese (mixed with a small amount of honey) on top and top with strawberry/raspberry pieces or a drizzle of jam.

- **Banana Pops:** Cut a banana in half horizontally. Put a popsicle stick in the flat end. Dip in a bowl of yogurt, and then roll in low-fat granola.
- **Cottage cheese and fruit**
- **Smoothies:** Make smoothies with yogurt or milk and fruit.

#### ADDITIONAL ACTIVITIES

1. **Breakfast Story:** Read *The Hatseller and the Monkeys* by Baba Wague Diakite, or *Breakfast Time at Marley's House* Storybook

OR

**Dairy Group Book:** *Dem Bones, A Kid's Book About Healthy Bones, The Bones and Skeleton Book, Milk From Cow to Carton* by Alik, *Dairy* (a Rookie Read-About Health book), *From Grass to Milk* by Stacy Taus-Bolstad, *Milk* by Dorothy Turner, *From Milk to Cheese* by Shannon Zemlicka, *The Amazing Milk Book* by Catherine Ross & Susan Wallace, *Milk Comes From a Cow?* By Dan Yunk

2. **Bone Demonstration:** I'm going to show you two bones and you tell me which one looks the way you want your bones to look.
  - a. **Chicken bones:** I brought in two bones today for you all to check out. Take a look at them both. One is a normal chicken bone and the other one I soaked in soda. How are these two bones different? The one that was soaked in soda is really soft and the other one is really hard. Which one do you think would hold up your body the best?
    - i. The normal chicken bone is the strong bone because it has plenty of calcium in it; the soft bone is missing most of its calcium because the soda took the calcium out of the bone.
    - ii. Calcium is the mineral that makes our bones strong and hard. It is important to eat or drink foods from the Dairy group everyday so our bones will look like this strong bone instead of the soft, bendy bone.

OR

- b. **Laminated Big Bones:** I brought in two bones for you all to check out—one that has a few holes in it and one that doesn't.

3. **Exercise:** Tell students that another important way to keep our bones healthy (other than eating high calcium foods) is by doing weight bearing exercises. Lead students through a series of exercises (follow-the-leader style). Examples include hopping, jogging, jumping jacks, squats, etc.

#### 4. Energizer: Breakfast Rhymes

Name a breakfast food that rhymes with the word I say and do the action I tell you to do

- a. Leg - (Egg) Shake your leg
- b. Most – (Toast) Run in place
- c. Silk – (Milk) Pat your head
- d. Lawful – (Waffle) Rub your stomach
- e. Goose – (Juice) Hop on one foot
- f. Shaking – (Bacon) Shake your whole body
- g. Please – (Cheese) Turn around 2 times

#### STUDENT HANDOUTS

- Almost Any Food is Breakfast food
- Breakfast Word Search
- Breakfast Train
- Fractions for Breakfast
- Wake up Brain with Breakfast



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

- Breakfast Triangles
- Breakfast Around the World
- Superhero Breakfast Word Search
- Vegetables for Breakfast
- What Your Bones Do For You

#### **PARENT HANDOUTS**

- Today in Nutrition Class...Breakfast (English and Spanish)