



Breakfast

Kindergarten – 1st Grade Lesson Plan

Goal: Recognize the importance of eating a healthy breakfast.

Objectives:

1. Students will state that breakfast gives them energy to start their day.
2. Given several options, students will be able to choose a healthy breakfast.

Materials Needed

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| <input type="checkbox"/> Pictures for Poem Riddles | <input type="checkbox"/> Breakfast Stoplight Game Pictures |
| <input type="checkbox"/> Poster of Gas Station | <input type="checkbox"/> Supplemental Material for Activities |
| <input type="checkbox"/> Stacy Eat Your Breakfast Poem | <input type="checkbox"/> Books (if using) |
| <input type="checkbox"/> Ella Eat Your Breakfast Poem | <input type="checkbox"/> Taste test supplies |
| <input type="checkbox"/> GO, SLOW, FULL stoplight poster | <input type="checkbox"/> Student handouts |
| <input type="checkbox"/> Parent handouts | |

Lesson	
Talking Points	Materials/Activities/Notes
Review <ul style="list-style-type: none"> • Who remembers what we talked about last time I was here? Who remembers the challenge I gave you last time I was here? 	
Mind Grabber: Riddles <p>I am warm and bumpy, I never taste awful. Put syrup on me, I am a _____ (waffle).</p> <p>I have a shell on the outside, but I have no legs. Crack me open to scramble, then let's have some ____ (eggs).</p> <p>I come from fruits and vegetables, so obviously I'm not a goose. But squeeze a tomato, apple or orange, and you'll discover that I am _____ (juice).</p> <p>I start out as bread, don't you love me the most? Take me out of the toaster, add jam, and enjoy some delicious _____ (toast).</p>	
	Poem Riddles: Show picture of each food as you solve the riddle

Drink me fresh, drink me cold, you'll like me if you're young or old.
I'm white & creamy, smooth as silk, I come from a cow, my name is ____ (milk).

I come in a rainbow of colors, and some people think I'm cute.
Strawberries and kiwi are examples, I am a piece of ____ (fruit).

Introduction

- Ask students: Who can tell me what is the most important meal of the day? (*breakfast*)
- Ask students: Raise your hand if you ate breakfast this morning.
- Today, we are going to talk all about breakfast and why eating breakfast is good for your body.

Discussion

- Raise your hand if you have ever gone to a gas station before. Why do you go to a gas station? (To get gas)
- Why does your car need gas? (To run)
- What does gas give your car to run? (Energy). Food is like gas for the car, it keeps your body going. And breakfast is like turning the key that gets the car running because it gets your body started. Breakfast gives us energy to start the day!
- Use a battery-powered toy or flashlight to show the class that breakfast is also like batteries in the toy/flashlight. It gives us the energy and power we need to get going in the morning.
- How does it feel to be hungry? (Stomach growls, grumpy, tired, feel empty, it hurts, trouble paying attention...)
- How does it feel after you've eaten a meal? (feel satisfied and full, have energy, can pay attention) So why is breakfast so important for you to eat every morning? Breakfast gives you energy and power to learn, concentrate, study, and do all of the fun things you like to do!

Show poster of woman filling up her car with gas

“Stacey, Eat Your Breakfast! & Ella, Eat Your Breakfast” poems

- Let's read two poems about my friends Stacey and Ella and I want you to help me act out both poems.

While reading the poems emphasize how slow and sluggish Stacey is and how energetic Ella is. Use these as ways to both get the students moving and to emphasize the importance of breakfast.

Stacey Eat Your Breakfast

Little Sluggish Stacey

Got up to start her day. *(Yawn and stretch.)*

She washed her face and brushed her teeth,

And headed on her way. *(Pretend to wash face and brush teeth.)*

Her mother fixed her breakfast and put it in a bowl. *(Put hands together like a bowl.)*

“Stacey, eat your breakfast, and it’s off to school you go.”

But Stacey said, “I’m going to school to work and read and play.

I’ve no time to eat this now, maybe another day.” *(Shakes head no.)*

But Stacey didn’t realize, *(Shrug shoulders)*

That breakfast was the way,

To give your body energy *(Yawn)*

To last throughout the day *(Make muscles.)*

She grew tired and sleepy, *(Rub eyes)*

And didn’t want to play *(Shake head no)*

And thought about her mother,

And what she said that day.

“Stacey, eat your breakfast! *(Hands on hips)*

And Stacey don’t you know,

That breakfast gives us energy,

To go and go and go!” *(Swing arms and pretend to run)*

Sluggish Stacey learned a lesson.

We can learn it, too.

Eat your breakfast every day. *(Pretend to eat)*

It’s really good for you! *(Smile and rub belly)*

Ella, Eat Your Breakfast

Energetic Ella

Got up to start her day. *(Yawn and stretch)*

She washed her face and brushed her teeth,

And headed on her way. *(Pretend to wash face and brush teeth)*

Her mother fixed her breakfast and put it in a bowl. *(Put hands together like a bowl)*

“Ella, eat your breakfast, and it’s off to school you go.”

Ella ate her cereal with skim milk and some berries *(Pretend to eat cereal)*

Then thanked her mom and turned around, and off to school she hurried.

(Turn around and run in place)

Energetic Ella knew

That breakfast was the way,

To give your body energy

To last throughout the day. *(Make muscles)*

She learned a lot at school that day. *(Pretend to read and write)*

At recess it was fun to play. *(Pretend to jump rope)*

She thought about her mother,

And what she said that day.

“Ella, eat your breakfast! *(Pretend to eat breakfast)*

Because I’m sure you know,

That breakfast gives us energy

To go and go and go!” *(Swing arms and pretend to run)*

Ella knew her mom was right,

And we should know it, too.

Eat your breakfast every day. *(Pretend to eat)*

It’s really good for you! *(Smile and rub belly)*

- Why do you think Stacey was so sluggish? Why did Ella have so much energy at school? Who do you want to be like, Stacey or Ella? You need to eat breakfast everyday so that they can have lots of energy just like Ella!

GO and SLOW Breakfast Foods

- Now that we know why we should eat breakfast, let’s talk about the healthy foods we should eat for breakfast.
- Does anyone remember the stoplight we talked about last time? Well, just like snacks, some breakfast foods are green light foods and some breakfast foods are yellow light foods.
- Can anyone tell me what a green light food is? How about a yellow light food?
- Optional activity: Breakfast Traffic Light Game
 - Show students pictures of foods and ask them to determine if the food is a GO food or SLOW food.
 - You can make this an interactive activity by asking students to hop on one leg if the food picture is a GO food and to hop on both leg if the

Show picture of GO, SLOW, FULL stoplight.

Use Breakfast Stoplight game pictures

food picture is a SLOW food.

Wrap-Up

- Who remembers what the most important meal of the day is? (Breakfast)
- Why is breakfast the most important meal of the day? It gives us the energy and power we need to get going in the morning and keep going through the morning.

Challenge

- I challenge you to eat breakfast every day and choose green light foods from MyPlate!

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.

Small Group Activities (10-15 minute activities)

Teacher Activities:

1. Book: Breakfast is for Glowing and Growing by Dannon Institute
2. Book: The Hatseller and the Monkeys by Baba Wague Diakite
3. Booklet: Breakfast Time at Marley's House

Nutritionist Activities:

1. **Cooking Activity: Yogurt Parfaits**
 - Students assemble yogurt parfaits consisting of fresh/canned fruit, low fat/nonfat vanilla yogurt, and low fat granola.
2. **Cooking Activity: Smoothies**
 - Ingredients: low fat vanilla yogurt and fresh/frozen fruit. As a class, add together ingredients in a blender and blend until smooth.
3. **Cooking Activity: Morning Smiles**
 - Ingredients: ½ WW mini bagel, reduced fat cream cheese, assortment of chopped veggies (grated carrot or mandarin orange for smile) and fruit (raisins for eyes and banana slice or pineapple tidbit for nose) .
 - Directions: Have students make their own edible morning smile face using the ingredients above.
4. **Cooking Activity: Cereal Mix**
 - Instruct students to make their own "breakfast bag" using combination of whole grain cereals, dried fruit, soynuts, seeds.

Additional Activities

1. Energizer: For Your Breakfast

Have students to perform the following activities while they repeat the chant together:

- Fruit Group (*Jog in Place*)
 - For your breakfast, for your breakfast, you could have fruits: apples, strawberries, peaches, and plums, kiwi, banana, oranges, and grapes.
- Vegetable Group (*Knee Lifts*)
 - For your breakfast, for your breakfast, you could have vegetables: celery, carrots, broccoli, and beans, lettuce, tomato, potato, and beans.
- Grains Group (*Hop in Place*)
 - For your breakfast, for your breakfast, you could have grains: pita bread, cereal, tortillas, and oats, bagel, pancakes, rice, and toast
- Protein Group (*Arm Circles*)
 - For your breakfast, for your breakfast, you could have protein: peanut butter, chicken, beef, and nuts, tofu, pinto beans, eggs, and fish.
- Dairy Group (*Bend to each side*)
 - For your breakfast, for your breakfast, you could dairy: swiss cheese, cottage cheese, custard, and curds, yogurt, cream cheese, and low fat milk.

2. Energizer: Food Groups for Breakfast

Ask students to perform the following movements with each food group:

- Fruit group: Reach high and low to pick fruit
- Vegetable group: Bend low to pull vegetables out of the ground
- Grains group: Jump up and down like popcorn
- Protein group: Swim like a fish
- Dairy group: Shake body like a smoothie

3. **Way to Start Your Day Breakfast Café:** For First Grade, using food models, paper plates, trays, towels draped over the “waiter’s” arm, allow children to pretend they are in a restaurant, ordering, preparing and serving breakfast food. Use food models and let each student pick a food from the menu. Put the model on the plate and the first student holds the plate as the next student picks a food from another food group off the menu. This allows different combinations of three food groups for breakfast and participation by many students.

Student Handouts

- Breakfast Coloring Sheet
- Add Fruit/Vegetable Breakfast Coloring Sheet
- Vegetables for Breakfast?
- Breakfast is Best! Coloring Page
- Breakfast Choices
- Wake Up Your Brain with Breakfast
- Breakfast Go Power
- Breakfast Placemat
- Breakfast is for Growing Coloring Book

Parent Handouts

- 7 Easy Breakfast Ideas (English and Spanish)
- Breakfast on the Run (English and Spanish)
- 4 Tasty Ways to Enjoy Better Breakfast Bites (English and Spanish)
- Breakfast is Cool (English and Spanish)
- Money Saving Tips for Breakfast (English and Spanish)
- Breakfast is Important (English and Spanish)

Lesson Roadmap

- Mind Grabber
 - Breakfast Riddles
- Importance of Breakfast Discussion
 - Stacy, Eat Your Breakfast and Ella, Eat Your Breakfast Poems
 - GO and SLOW Breakfast Foods
- Taste tests
- Parent and Student Handouts



Public Health

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