



Breakfast and Dairy Group

2nd – 3rd Grade Lesson Plan

Goal: Recognize the importance of eating a healthy breakfast, and recognize the importance of a diet rich in calcium to support bone and dental health.

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.
3. Students will state that calcium is necessary for strong bones and teeth.
4. Students will be able to name at least three high calcium foods.

Materials Needed

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| <input type="checkbox"/> <i>The Hatseller and the Monkeys/Breakfast Time at Marley’s House</i> | <input type="checkbox"/> “How Do We Keep Our Bones & Teeth Strong?” pictures |
| <input type="checkbox"/> Poster of woman filling up car with gas | <input type="checkbox"/> Materials for supplemental activities |
| <input type="checkbox"/> MyPlate | <input type="checkbox"/> Taste test supplies |
| <input type="checkbox"/> Breakfast foods pictures | <input type="checkbox"/> Student handouts |
| <input type="checkbox"/> Pictures of dairy group foods or food models | <input type="checkbox"/> Parent handouts |
| <input type="checkbox"/> “What Do Your Bones Do For You” poster or little skeleton model | |

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	
<p>Discuss how long your body goes without food overnight compared to how long it goes without food from lunch to school dismissal.</p> <p>How does our tummy tell us we are hungry? (<i>Growling, rumbling, hurting</i>) How many of you have your tummies tell you it is time for a snack when school gets out? Let’s see you all eat lunch around (<i>ask the students what time they eat lunch</i>) and school gets out at 3:30. That is about 3-4 hours. (<i>Calculate according to their lunch time</i>) So your tummy is telling you your body needs food after 3-4 hours since your last meal. Let’s see you long your body goes without food from dinner to breakfast. (<i>Calculate with the kids.</i>) So which is bigger 3 hours or 9 hours? Nine! So if your body needs a little food after 3 hours do you think it might need some food after going 9 hours without any food? You bet.</p> <p>Today we are going to talk about why Breakfast is called the most important meal of the day.</p>	

Introduction

You need breakfast to have energy to learn, concentrate and do your best in school. And, to have the energy to do all the things you like to do. It's also important to make HEALTHY breakfast choices.

Discussion

- Why does your car need gas? (To run)
- Gas gives your car energy to run. Food is like the gas for our body, it keeps your body going. And breakfast is like turning the key that gets the car running because it gets your body started after a long night without any food. Breakfast gives us energy to start the day!
- Why might someone not eat breakfast?
 - *Can suggest these answers such as: not enough time, might be out of favorite food, might not have food at home, not hungry.*
- What can we do to avoid these traps that lead to not eating breakfast? That's right! We can get up earlier, pack food to take with us the night before, grab something quick when going out the door and eat it before school, stop and get breakfast on the way to school, eat at school, be willing to try a food other than our favorite foods or a food that we don't typically eat for breakfast, or if not hungry first thing in the morning-get ready first and then eat.
- What are some foods you could grab when running out the door?
Fruit, yogurt, a plastic bag filled with cereal, plastic bag filled with trail mix, peanut butter and jelly sandwich, ham and cheese sandwich, granola bar, a bagel.

Show poster of woman filling up her car with gas

Components of a Healthy Breakfast

- We have been talking about the healthy food groups from MyPlate. Let's review them:
- The **Grains** group foods get you started and give you energy. What are some grain group foods that you could eat for breakfast? (*bread, cereal, oatmeal, bagels, etc.*). Remember that whole grain cereals are the healthiest for your body.
- Foods from both the **Fruit** and the **Vegetable** groups provide your body with vitamins and minerals and help you stay healthy. What are some foods in the fruit and vegetable groups that you could have for breakfast? (*Bananas, oranges, melon, berries, tomatoes, onions, spinach & mushrooms in an omelet, 100% juice, etc.*). Remember to try to eat a rainbow every day.
- Foods from the **Protein** group help to keep you going all morning, help you grow, and help your muscles stay strong. What are some Protein group foods that you could eat for breakfast? (*Eggs, peanut butter, nuts, sunflower seeds, lean ham or sandwich meats, etc.*). Remember that the healthiest choices in the Protein group are lean ones and that protein can come from both animals and plants.
- We haven't talked yet about foods from the **Dairy** group, but they are important for keeping your bones and teeth strong because of the calcium in them. These foods also contain protein. Let's talk about the foods from the Dairy Group, and then we'll go back to how to choose a healthy breakfast

Have volunteers list all five, then write them on the board or show MyPlate poster.

Show breakfast foods poster for each food group.

- Can you name foods from the dairy group that you can eat for breakfast? (*milk, yogurt and cheese*). The healthiest choices in the dairy group are fat free or low fat, and don't have lots of added sugar.
- As an example, let's talk about the milks you have here at school.
- Which milk in the cafeteria is the skim milk? The purple milk is the skim milk, which means it doesn't have any fat in it. This is a great choice, but the other white milk is 1% milk, which means that it has a just a little bit of fat in it. This is a healthy choice too!
- How are chocolate and strawberry milk made? The chocolate and strawberry milk at school is skim milk, so that means that they used the skim milk to make it.
 - Let's start with strawberry milk. How do you think it was made? Did you know that strawberry milk doesn't have ANY strawberries? How do we make it taste like strawberry? A lot of sugar and some red strawberry flavoring are added to white milk to make it have a strawberry flavor.
 - What about chocolate milk? Do we have a chocolate cow? No! Chocolate milk is made by adding chocolate syrup (which has lots of sugar in it) to skim white milk.
 - Do you think that the strawberry milk and chocolate milk are good choices for your body? Both strawberry milk and chocolate milk have the same amount of calcium as white milk, which is really good. BUT, they also have a lot of added sugar. Let's see how much sugar is in one carton of strawberry and chocolate milk.
- This is how much sugar we add to white milk to make it taste like strawberry and chocolate milk. That's a lot of sugar! Why is too much sugar bad for us? Too much sugar can lead to cavities and if you eat too much it can lead to weight gain. Drinking chocolate and strawberry milk is okay for our bodies every once in a while, but not every day or many times a day. That means that skim or 1% **white** milk is the best choice for our bodies.

Using pictures or food models, show the students examples of foods in the dairy group.

Display milk cartons for 1% milk, chocolate milk, strawberry milk, and skim milk.

Show students sugar tubes with the amount of sugar for each or measure out the amount of sugar in each milk. Then compare strawberry milk and chocolate milk to the sugar in soda. Explain that even though chocolate milk and strawberry milk has sugar in it, it is still better for you than a soda because the milk has calcium and the soda only has sugar and no nutritive value. If available, show the chicken bone soaked in soda, which acts to decalcify the bone.

Use the "What Do Your Bones Do For You" poster or the little skeleton model to discuss the importance of bones.

Calcium

- Who can tell me how many bones we have in our bodies? 206!
- The Mighty Mineral, calcium (found in dairy group foods), helps build and keep our bones and teeth strong. Why is it important for us to have strong bones and teeth? What do we need bones for?
 - Support: We need bones to support our bodies. Do you think we would be able to stand or sit up if we didn't have any bones?
 - Protection: We also need bones to protect other parts of our bodies. We have a skull which protects our brains and our rib cage helps protect many of our organs such as our hearts.
 - Movement: And finally, we also need bones to help us move. Do you think you would be able to run if you didn't have any bones? We would just be blobs on the ground!
- There are two important things we need to do every day to build and keep strong bones our whole lives:
 - We need to get plenty of calcium from what we eat and drink.

- We need to get plenty of exercise by moving the big parts of our bodies.
- Calcium also helps keep another part of our body hard and strong—our teeth!
- Foods from the Dairy group have the most calcium and should be our main food source for calcium.

Three Rules for a Healthy Breakfast

- Now that we have reviewed the five food groups, let's talk about how to choose foods from them to make a healthy breakfast.
 1. A healthy breakfast should have at least three of the five food groups. Can anyone tell me what shape has three sides? That's right, a triangle has three sides. A triangle can help us remember how to make a healthy breakfast. We can make a breakfast triangle, where each side of the triangle has a food from a different food group.
 2. One of the food groups should be from the Protein group or the Dairy group. Remember, the foods from these two food groups contain the nutrient protein which takes your stomach longer to digest. Therefore, the breakfast will stay in your stomach longer and you will not feel hungry for a while.
 3. One of the food groups should be from the Fruit or Vegetable group. Let's practice,
- I brought some pictures of different breakfasts. Some are healthy and some are not so healthy. Let's see which breakfasts we can find to make a healthy breakfast triangle.
 - Less healthy Breakfasts (*ask what makes it a less healthy breakfast*)
 - Chocolate chip cookie, chocolate milk (*only 2 food groups and too much sugar*)
 - Fried egg, bacon, sausage, toast with butter (*only 2 food groups and too much fat*)
 - Pop-tart or doughnut, orange juice (*this breakfast won't fill you up for very long; it does not contain 3 food groups nor a food from the Dairy Group or the Protein Group*)
 - Healthy Breakfasts (*ask what makes it a healthy breakfast*)
 - Boiled egg, whole wheat toast, orange juice (*it contains food from 3 food groups, low fat, contains a protein from the Protein Group*)
 - Oatmeal with milk, orange (*this breakfast will fill you up and keep you going until lunchtime*)
 - Whole wheat bagel with cream cheese, chunky applesauce, chocolate milk (*bagel and applesauce contain fiber, it contains 3 food groups*)

Draw triangle on the board.

Show the students Breakfast Triangle Pictures. Ask students to determine if breakfast is a healthy or not so healthy choice for breakfast.

Student/Class Activity:

Now that we have practiced I would like three volunteers to give it a try.

If you did not get to volunteer you can make your own healthy breakfast using this handout. Give it a try while I'm getting the taste-test and then I will call on a couple of you to share the breakfast you have created.

Ask students to make examples of breakfast triangles using healthy food choices. Have the class help check, and if needed make suggestions.

Use the Breakfast Triangles Handout

Food Safety Moment

CHILL: Refrigerate foods promptly. Remember the 2 hour rule.

- Now we know that we need to keep hot foods hot and cold foods cold in order to keep germs from growing, but how long does it take for a food to cool down (or warm up) before germs can grow? In other words, if I take the milk out of the refrigerator, how long can it sit out before it becomes unsafe to drink? Two hours! More than two is bad for you!
- There is actually a rule about this to keep food safe. It is called the two-hour rule. When you take perishable foods out of the refrigerator, you must use them or put them back within two hours. If they are left out longer, germs may grow on them and you could get sick if you eat or drink them.

Wrap-Up

- Who can tell me what the most important meal of the day is and why? *That's right! It's breakfast, because it gives us the energy and power we need to get going in the morning!*
- How many food groups should you have for breakfast? *3, remember the breakfast triangle.*
- Try to have a food from the protein group or dairy group to keep you going through the morning.
- How do we keep our bones and teeth strong? *That's right! We need to get plenty of calcium from what we eat and drink and we need to get plenty of exercise by moving the big parts of our bodies.*
- Dairy group foods have lots of calcium. What kinds of foods are in the dairy group?
- What type of milk is best for our bodies?

Challenge

- I challenge you to eat breakfast every day and choose healthy foods from MyPlate to make your own breakfast triangle.

OR

- I challenge you to choose the white milk at lunch at least 3 days this week.

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.

Small Group Activities (10-15 minute activities)

Teacher Activities:

1. Student Worksheets

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.

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 Aliko, *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. Awful - (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

h. Cuts – (Nuts) Touch your toes

5. Energizer: Food Groups for Breakfast

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

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

Student Handouts

- Almost Any Food is Breakfast food
- Breakfast Word Search
- Breakfast Train
- Fractions for Breakfast
- Wake up Brain with Breakfast
- Breakfast Triangles
- Breakfast Around the World
- Superhero Breakfast Wordsearch
- Vegetables for Breakfast
- What Your Bones Do For You

Parent Handouts

- Breakfast Ideas Parent Handout
- Breakfast on the Run
- 4 Tasty Ways to Enjoy Better Breakfast Bites
- Breakfast is Cool
- Money Saving Tips for Breakfast
- Breakfast is Important
- Got Your Dairy Today? 10 Tips
- Eat Smart—Try Low-fat or Fat-free Dairy
- Super Star Nutrition for Kids
- Parents-Be Your Child's Partner in Healthy Bones
- Today in Nutrition Class

Lesson Roadmap

- Mind Grabber
- Discussion
 - Importance of Breakfast
 - Components of a Healthy Breakfast
 - Dairy Group Foods
 - Importance of Calcium
 - Breakfast Triangles
- Small Group Activities or Energizers
- Wrap Up and Challenge
- Taste tests
- Student and Parent Handouts



Public Health

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