



Breakfast

2nd – 3rd 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. Students will be able to choose a healthy breakfast that includes at least three food groups.
3. Students will state that a healthy breakfast should include a food from the Protein group or the Dairy Group.

Materials Needed

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|---|--|
| <input type="checkbox"/> The Hatseller and the Monkeys/Breakfast Time at Marley's House | <input type="checkbox"/> Breakfast foods pictures |
| <input type="checkbox"/> Poster of woman filling up car with gas | <input type="checkbox"/> Materials for supplemental activities |
| <input type="checkbox"/> MyPlate Poster | <input type="checkbox"/> Taste test supplies |
| <input type="checkbox"/> Breakfast foods poster | <input type="checkbox"/> Student handouts |
| | <input type="checkbox"/> Parent handouts |

Lesson

Talking Points

Materials/Activities/Notes

Review

- Who remembers what we talked about last time I was here? (Healthy Snacks) Who remembers the challenge I gave you last time I was here? (Bring in a GO snack at least 3 times a week)

Mind Grabber

- **Discuss how long your body goes without food overnight compared to how long it goes without food from lunch to school dismissal.**

When we talked about Healthy snacks last lesson we discussed that we eat snacks between meals and only when we our tummies are telling us we are hungry, right? How does our tummy tell us we are hungry? (*Growling, rumbling, hurting*) 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 (*ask the students what time they eat lunch*) and school gets out at 3:30. That is about 3- 4 hours. (*Calculate according to their lunch time*) 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. (*Calculate with the kids.*) 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.

Today we are going to talk about why Breakfast is called the most important meal of the day. But first let me read you a story that begins to tell you why.

(Choose one)

- **The Hatseller and the Monkeys by Baba Wague Diakite**
- **Breakfast Time at Marley's House Storybook**

Breakfast Time at Marley's House

Read Breakfast Time at Marley's House storybook.

Once upon a time, there were two darling children; their names were Danny and Marley. Danny and Marley were brother and sister and liked to play together. One of Marley's favorite things to do was to help her dad fix breakfast. Every morning, Marley would get up early with her dad and help him cook a nice healthy breakfast like pancakes with strawberries, eggs and cheese on toast, and cereal with banana slices and milk. But the funny thing about Marley is that even though she helped her dad fix breakfast, Marley didn't like to eat it!

When they got the breakfast ready, Marley and her brother Danny, and her dad would sit down at the kitchen table to eat. Danny was always excited to see all of the healthy breakfast food on his plate in the morning. In fact, breakfast was his favorite meal of the day! He loved to eat all of the yummy food and wash it down with a cold glass of juice or milk. Marley never seemed to eat breakfast with her dad and brother Danny. You see, Marley was very sneaky...When she was helping her dad fix breakfast, she would grab cookies, potato chips, and candy and eat while her dad wasn't looking. By the time breakfast was ready, Marley wasn't hungry anymore, because she was so full of the yellow light foods. Instead of eating breakfast, Marley offered to wash the dishes instead.

After breakfast, Danny and Marley grabbed their backpacks and raced off to school. Danny had so much energy that he ran down the street, the healthy breakfast gave him energy to study in school and play basketball in PE. As Marley got to the end of the block, she was so tired and decided to walk the rest of the way. In the morning, as Marley's teacher began to read a story, Marley laid her head down on her desk to listen, but guess what she did? She went to sleep! This did not make her teacher happy and Marley felt silly when she woke up. During PE, Marley had a headache and didn't want to play kickball with her friends, she just wanted to sit down and rest. By lunch time, Marley was not feeling very well, she was very grumpy and tired. *What do you think is wrong with Marley?*

That afternoon, Mr. Goodhealth talked to Marley's class about the importance of eating breakfast. He explained how our bodies need healthy food to wake them up and get them going after a long night without food. He told the class that our brains do not work very well when our bodies do not eat the right foods in the morning. *Does anyone remember what Marley was eating in the morning?* Now Marley understood why she did not feel very well in the morning, remember she would sneak the yellow light foods while she was helping her dad fix breakfast. The very next day, Marley decided she would eat the healthy breakfast she helped her dad fix, and she and Danny raced off to school for a fun, healthy day with plenty of energy to learn and play.

Introduction

Marley learned the hard way that breakfast is a very important meal. You need it 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. She also learned that just like choosing what we eat for snacks we need to make HEALTHY breakfast choices. We need to eat green light foods for breakfast most days of the week.

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

Tips for Choosing a Healthy Breakfast or Components of a Healthy Breakfast

- We have talked about the five healthy food groups from MyPlate. Let's review them:
- The **Grain** 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 grains 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, juice, etc.*). Remember to try to eat a rainbow every day.
- Foods from the **Dairy** group keep your bones and teeth strong because of the

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

Show breakfast foods poster for each food group.

calcium in them. These foods also contain protein. Can you name foods from the milk group that you can eat for breakfast? (*milk, yogurt and cheese*). The healthiest choices in the dairy group are fat free or low fat.

- 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.

Two rules to follow when choosing a healthy breakfast.

1. A healthy breakfast should have at least three of these 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 the Protein group or the Dairy group. Remember, the foods from these two food groups contain 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. Let's practice,

- I brought some pictures in with me 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*)
 - Poptart or doughnut, orange juice (*this breakfast won't fill you up for very long; it does not contain 3 food groups nor a protein 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*)

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.

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.

Ask students to make examples of breakfast triangles using healthy food choices. Have the class help check (and if needed) make suggests to create a healthy meal.

Use the Breakfast Triangles Handout

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 protein food from the protein group or dairy group to keep you going through the morning.

Challenge

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

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. 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. Energizer: Breakfast Rhymes

- Name a breakfast food that rhymes with the word I say and do the action I tell you to do
 - Leg - (Egg) Shake your leg
 - Most - (Toast) Run in place
 - Silk - (Milk) Pat your head
 - Awful - (Waffle) Rub your stomach

- Goose – (Juice) Hop on one foot
- Shaking – (Bacon) Shake your whole body
- Please – (Cheese) Turn around 2 times
- Cuts – (Nuts) Touch your toes

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

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
- Breakfast Maze

Parent Handouts

- Breakfast Ideas Parent Handout (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
 - The Hatseller and the Monkeys or Breakfast Time at Marley's House
- Importance of Breakfast Discussion
 - Breakfast Triangles
- Small Group Activities or Energizers
- Taste tests
- Student and Parent Handouts



Public Health

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