



TRACKS Lesson Plan

Breakfast

Fuel Up with Breakfast
Grades 5-8

I. Lesson Objectives:

- A. Students will recognize characteristics of a well-balanced breakfast.
- B. Students will describe the importance of eating a healthy breakfast.
- C. Students will identify strategies to overcome barriers to eating breakfast.

II. Behavior Outcomes:

- A. Eat breakfast every day.

III. Pennsylvania Educational Standards:

- A. 1.5 Speaking and listening
- B. 10.2 Healthful living
- C. 11.3 Food Science and Nutrition

IV. Materials:

- A. Handouts: “*APPetite for Health*” workbook (pages 8-11) OR “*Fuel Up with Breakfast*” and “*The Breakfast Game*” worksheets
- B. Optional: Laminated cards with breakfast questions and answers
- C. Alternative activity: Breakfast Wheel with breakfast trivia questions (Nasco)
- D. Reinforcement that conveys the appropriate nutrition message
- E. Hand wipes
- F. Food tasting and any necessary supplies
- G. Ten Tips Fact Sheet: *The School Day Just Got Healthier* (available from: <http://choosemyplate.gov/healthy-eating-tips/ten-tips.html>) or other appropriate fact sheet

V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

A. Introductory:

1. Lesson Introduction:
 - a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*
 - b. *Review previous lesson.*
 - c. *Distribute student workbooks, if using, and turn to page 8. Review the title of today’s lesson/APP, “Fuel Up with Breakfast”, and the “Highlights” box. Explain that today the students will be learning about the importance of breakfast and how to fuel their bodies and brains by choosing a healthy breakfast every day.*

2. Icebreaker:
 - a. *Have students turn to page 9 in their workbooks or distribute copies of the “Fuel Up with Breakfast” worksheet. Review the instructions.*
 - i. *For 5th & 6th grade, read each question out loud to the class and allow students to fill in their answers.*
 - ii. *For 7th & 8th grade, have students read and answer the questions on their own.*

B. Developmental

1. *Review the students’ answers to each question and discuss points as appropriate. Tie in the APP “Description” bullet points while reviewing the answers.*
 - a. *Did you eat breakfast this morning? Ask students to raise their hands if they ate breakfast and then ask those who did not eat breakfast raise their hands.*
 - b. *If you ate breakfast, what did you have? Do you think it was nutritious? Solicit students who ate breakfast to share their answers with the class.*
 - c. *If you didn’t eat breakfast, when was (or will be) the first time you ate today? Solicit students who did not eat breakfast to share their answers. Instructor may need to prompt students as to when they might eat for the first time if a student has not eaten yet.*
 - d. *When was the last time you ate yesterday? Solicit answers from students who ate breakfast and from students who did not eat breakfast.*
 - e. *Calculate the amount of time between your last meal yesterday and our first meal today. Solicit answers from a few students. Instructor may need to help students determine the number of hours between meals. Review the following point with students: When we skip breakfast in the morning, our bodies go a long time without eating or getting energy and nutrients.*
 - f. *Describe how you feel if you skip breakfast in the morning. Solicit answers from the students. Reinforce with students the following points: Skipping breakfast can make us feel tired, irritable, or even sick with a stomachache or headache. When we skip breakfast, it may affect our ability to concentrate and do our best in school.*
 - g. *Why do you think that breakfast is the most important meal of the day? Solicit a few answers from students.*
 - i. *Instructor tells the students: Breakfast is the most important meal of the day because it provides our bodies with the energy and nutrients we need in the morning.*
 - ii. *Instructor reviews the following points from the APP “Description” to reinforce the importance of breakfast. Can have students read a bullet point from page 8 of the workbook.*
 - a) *Your brain needs energy to perform, and without it you may have difficulty concentrating and focusing in school.*
 - b) *You can fuel your body and brain by eating a healthy breakfast every morning.*
 - c) *A well balanced breakfast should include foods from at least three of the five food groups.*
 - h. *List two ways that you can make breakfast part of your daily routine. Solicit ideas from the class. Then refer back to page 8 of the workbook and review the following ideas:*

- i. It's easy to make breakfast part of your daily routine by waking up a few minutes earlier, packing your breakfast the night before, or eating breakfast at school.
 - ii. Here are some ideas for a quick and healthy breakfast:
 - a) Whole wheat mini bagel with peanut butter and a banana
 - b) Whole grain cereal with low-fat milk and fruit.
 - c) Granola bar, sliced apples, and low-fat milk
 - d) Low-fat yogurt with berries and granola
 - e) Graham crackers, string cheese, and 100% orange juice
2. **Activity:** *Explain to students that they will be playing a game to learn more about the importance of breakfast.*
3. Instructions for playing the breakfast game:
 - a. *The game can be played with students split into teams or the students may play alone.*
 - b. *If playing with teams, take turns asking a question to each team and record a point for each question that is answered correctly. The team that answers the most questions correctly will receive a reinforcement of your choice for a prize.*
 - c. *If students are playing individually, read each question and ask for a volunteer to answer. Try to call on a different student for each question, and you may give out reinforcements as prizes to students who answer a question correctly.*
 - d. *As students answer the questions, review the correct answers and discussion points. Students can follow along in their workbooks on pages 10 & 11 or on "The Breakfast Game" worksheet and fill in the correct answers as they go.*
 - e. *You have the option of making laminated cards with the questions printed on them. Print the questions and answers on two different colors of paper or use different font colors for each. Distribute the cards to the students and have students with question cards read them out loud. After a question is read, the students with answer cards match up the correct answer and read it out loud.*
 - f. *You also have the option of using the questions with the Nasco Breakfast Wheel.*

4. Breakfast Game Questions

- a. **Question 1: How many hours does your body go without eating if you skip breakfast?**

Answer: About 16 hours

When we go without eating breakfast our body isn't getting the fuel that it needs to start the day. A car won't run without fuel, and our bodies can be thought of in the same way. If we don't eat breakfast we aren't giving our bodies the fuel we need to get a jump start on the day.

- b. **Question 2: Breakfast should provide this % of daily nutrients.**

Answer: 25%

School breakfast must provide at least 25% of the RDA (Recommended Daily Allowance) for protein, calcium, iron, Vitamin A, Vitamin C, and calories according to the USDA's meal standards.

- c. **Question 3: A well balanced breakfast should include how many of the five food groups?**

Answer: 3

What are the five food groups? (Grains, vegetables, fruit, dairy, and protein)
Which would be best to include with breakfast? A whole grain food, low-fat dairy product, and fruit make a great breakfast. What is an example of a meal that

includes three food groups? (Whole grain cereal with low-fat milk and fruit is a good example)

- d. **Question 4: A healthy breakfast should include protein, carbohydrates, and a little fat.** (True or False)

Answer: True

Complex carbohydrates (carbohydrates that have starch and/or fiber) will help you feel energized and ready to start the day, while protein and fat will keep you feeling full and minimize feelings of hunger. Choosing carbohydrate-rich foods that also provide fiber, like whole grains, can also help you to feel full longer.

- e. **Question 5: Skipping breakfast can lead to weight gain.** (True or False)

Answer: True

Not eating breakfast can lead to overeating later in the day and over time can slow your metabolic rate. Have you ever noticed that you eat more for a snack or lunch when you don't eat breakfast? Even though you skip breakfast in the morning, you might take in more calories for the day overall, and excess calorie intake can cause weight gain. If you skip breakfast and don't give your body the fuel it needs, the body will be thrown into "survival mode", slowing metabolism and storing remaining energy as fat. This can also lead to weight gain.

- f. **Question 6: What percent of middle school students skip breakfast at least three times per week?**

Answer: 59%

Think about that number. This means that more than half of all middle school students don't eat breakfast daily, and they are missing out on an opportunity to fuel their bodies and brains in the morning.

- g. **Question 7: Students who do this are more alert, have higher test scores, fewer behavioral problems, and fewer visits to the nurse's office.**

Answer: Eat breakfast!

Remember that breakfast provides fuel for our bodies in the morning, and without it our bodies are affected in many ways. We may have headaches due to lower levels of blood sugar or feel like we have a stomachache. What are some other problems? You might also feel tired and have trouble focusing and concentrating in school.

- h. **Question 8: On average, how many children are served breakfast at school in the US every day?** (optional since not all schools offer breakfast)

Answer: 13.2 million

An average of 13.2 million children ate school breakfast each school day during the 2013-2014 school year. That may sound like a lot but there are actually more than 50 million students in the US, so only about 1 out of every 4 students will eat breakfast at school. Eating breakfast at school is a great way start your day with a nutritious meal that provides the energy and nutrients your body needs in the morning.

- i. **Question 9: I am a great source of protein, calcium, and add a twist to your breakfast.**

Answer: Cheese

Having cheese with your breakfast can help you to get enough from the dairy group for the day. What are some foods we can put cheese on for breakfast? Whole grain toast, eggs, whole wheat bagels, and English muffins are a few

options. If you had cheese and whole wheat toast with a glass of 100% orange juice you could easily fit three of the five food groups into your breakfast.

- j. **Question 10: AALOTME** (unscramble the word)

Answer: Oatmeal

Oatmeal is a wonderful breakfast food. It contains fiber and is a good source of complex carbohydrates and B vitamins to give us the energy we need to get a jump start to the day.

- k. **Question 11: OTEELSRFV** (unscramble the word)

Answer: Leftovers

How many of you normally have leftovers from dinner the night before? Why not eat them for breakfast? Think about it, it's already prepared and may just need to be heated up. If it's in a container, take it with you and eat it on the way to school.

- l. **Question 12: TISINVAM** (unscramble the word)

Answer: Vitamins

Vitamins are a very important part of our daily needs. What are some breakfast foods we can eat or drink that are high in vitamins? 100% fruit juice, whole fruit, whole grain cereals, low-fat milk are just a few examples.

- m. **Question 13: How many calories are in an English muffin and two scrambled eggs?**

Answer: 330 calories

See discussion below

- n. **Question 14: How many calories are in an English muffin with sausage sandwich and hash browns?**

Answer: 590

Compared to the meal in question 13, this meal contains a lot more calories. What about fat? Which do you think has more? The first meal only contains 13 grams of fat while the second meal contains 29 grams of fat. That is more than twice the amount of fat. Even if we have to grab something from the store or a restaurant for breakfast, we can still make healthier choices. What food groups would the first meal provide? (Grain and protein) What could you have to drink to make this meal even better? 100% fruit juice or low-fat milk would be good choices.

- o. **Question 15: What is the leanest breakfast meat?**

Answer: Canadian bacon

Remember that some meats are lower in fat than others. What are some other lean meats we could eat for breakfast? (Turkey bacon, turkey sausage, ham)

- p. **Question 16: This breakfast food contains about 50% fat.**

Answer: Doughnut

What else does a doughnut contain? (Added sugar) What type of calories does a doughnut provide? It provides empty calories because it has a lot of calories but few nutrients that our bodies need. Save foods like doughnuts and other foods high in solid fats and added sugars as "sometimes" breakfast foods.

(Some schools serve "super-fortified" doughnuts or pastries for breakfast. These foods meet the school breakfast requirements but are not the best examples of a well-balanced meal.)

5. *Review the importance of breakfast and encourage students to eat a healthy breakfast every day.*

C. Conclusion:

1. *Distribute hand wipes.*
2. *Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.*
3. *Distribute the reinforcement, read the message and/or explain the reason why they are getting the reinforcement.*
4. *Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.*
5. *Thank the students for their participation and answer any questions the students have.*

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.



Fuel Up with Breakfast

Breakfast is the most important meal of the day. Why is it so important to fuel up with breakfast? Answer the questions below to help find out.

1. Did you eat breakfast this morning?

Yes No



2. If you ate breakfast, what did you have? Do you think it was nutritious?

3. If you didn't eat breakfast, when was (or will be) the first time you ate today?

4. When was the last time you ate yesterday?

5. Calculate the amount of time between your last meal yesterday and your first meal today.

6. Describe how you feel if you skip breakfast in the morning.



7. Why do you think that breakfast is the most important meal of the day?

8. List two ways that you can make breakfast part of your daily routine.





Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.

The Breakfast Game

Fill in the answers to the questions as you play the Breakfast Game in class.

1. How many hours does your body go without eating if you skip breakfast?

2. Breakfast should provide this % of daily nutrients.



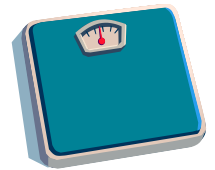
3. A well balanced breakfast should include how many of the five food groups?

4. A healthy breakfast should include protein, carbohydrates, and a little fat.

TRUE or FALSE (circle the correct answer, then explain below)

5. Skipping breakfast can lead to weight gain.

TRUE or FALSE (circle the correct answer, then explain below)



6. What percent of middle school students skip breakfast at least three times per week?

7. Students who do this are more alert, have higher test scores, fewer behavioral problems, and fewer visits to the nurse's office.



The Breakfast Game (continued)

8. On average, how many children are served breakfast at school in the US every day?

9. I am a great source of protein, calcium, and add a twist to your breakfast.

10. AALOTME (unscramble the word)



11. OTEELSRFV (unscramble the word)

12. TISINVAM (unscramble the word)

13. How many calories are in an English muffin and two scrambled eggs?



14. How many calories are in an English muffin with sausage sandwich and hash browns?

15. What is the leanest breakfast meat?

16. This breakfast food contains about 50% fat.



Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.