

Break the Fast!

Goals:

- *Students will understand the importance (and components) of a well-balanced breakfast*

Audience: K-8th grade

Optional Craft, Activity or Snack:

- *Oatmeal Bar*
- *Breakfast Pizza*
- *Cereal Scavenger Hunt*

Lesson:

Leader: Raise your hand if you ate breakfast this morning. Raise your hand and tell me what you ate for breakfast.

Leader: Do you know why it is so important to eat breakfast?

(Answer): The word breakfast comes from the term 'to break the fast'. To fast, is to go without food for more than 8 hours. After a night of sleep (8-10 hours), your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day!

Leader: What happens when you skip breakfast?

(Answer): If you don't eat breakfast, your growing body begins to slow down. You may feel weak, get a headache, and have a hard time concentrating.

Leader: Did you know that kids who eat breakfast do better in school, have an easier time concentrating, and score higher on standardized tests?

Leader: One reason people skip breakfast is because they are not hungry in the morning. You should be quite hungry when you wake up (your body has gone more than 8-10 hours without food)! If you are not hungry, you may have eaten too much before going to bed. Try to limit food intake right before falling asleep.

Leader: Another reason people don't eat is because they don't have time! In the morning, there is often a rush to get out the door to school! If you are running out the door, what are some ways to fit in a healthy breakfast?

(Answer):
Pack a brown-bag breakfast
Prepare breakfast the night before
(Let them come up with ideas).

Leader: What does a healthy breakfast consist of?

(Answer): What you eat for breakfast will impact the rest of your day! Start your day with a breakfast filled with nutritious, filling food. A well-balanced breakfast consists of 3 things:

Leader: First, choose a whole grain food

- a. Whole grains are rich in fiber. Fiber helps you feel full and promotes a healthy digestive system.
- b. Whole grains rich in fiber include whole wheat toast and oatmeal.
- c. Avoid white-sugary foods in the morning, like sugar cereal. They will cause a spike in your blood sugar, and leave you feeling hungry and sluggish in an hour or two!

Leader: Next, pick a lean protein

- a. Protein helps growing bodies build muscles.
- b. Protein will also help you feel full.

Can you think of foods that are rich in protein?

1. Milk, yogurt, nuts, eggs, nut butter etc.
- c. Avoid proteins that are high in fat
 1. The high fat (and grease) is not good for your heart and will make you feel sluggish and tired.
 2. Examples: bacon, a lot of cheese, a lot of butter, etc.

Leader: The third thing to include is a serving of fruit.

- a. Breakfast is a great time to include a serving of fruit!
- b. Even if you are on the go, you can throw an apple, banana, or raisins in your bag!

Leader: Breakfast is one of the most important meals of the day! If you are not a breakfast eater, give it a try this week! You will be amazed at what a good, wholesome breakfast can do for you.

Resources:

http://kidshealth.org/kid/stay_healthy/food/breakfast.html