

## **Lesson: Break The Fast!**

### **Supplies Needed:**

- 3.1\_LV\_Breakfast-Visual

### **Goals:**

- Students will understand the importance of eating a well-balanced breakfast.
- Students will learn the difference between hunger and appetite.
- Students will be able to design healthy breakfasts.

### **Background:**

School Breakfast Program: Most schools offer “free and reduced” price breakfast to students who qualify, based on the family’s income. If students say that they do not have food at home to eat for breakfast, recommend that they find out whether their school serves breakfast.

### **Lesson:**

Let’s start with warming up our bodies. Who would like to suggest a cardiovascular exercise to get our hearts pumping? **(Do about two or three minutes of warm-ups.)**

Who can tell me the difference between hunger and appetite?

*(Hunger is a physical feeling of stomach pain or gurgling sounds or feeling light headed, spacey and/or weak from lack of food. Appetite is an emotional wanting or desire for a food or beverage with no actual physical symptoms.)*

Who can tell me the difference between feeling hungry, satisfied, or too full?

*(When you are hungry you feel stomach pain or gurgling and may feel light headed or weak. When you are satisfied, your stomach feels comfortable and you have good energy. When you are too full, your stomach feels uncomfortable and you may feel sleepy or lacking in energy.)*

Great job! Raise your hand if you ate breakfast this morning. Raise your hand and tell me what you ate for breakfast.

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

**(Show slide 1.)** The word breakfast comes from the term *to break the fast*. Breakfast is made of the words “break” and “fast” **(Cover half the word at a time to demonstrate**

**this.)** To fast, is to go without food for more than eight hours. After a night of sleep, should be nine to eleven hours, your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day.

What are some things you do during the day that you need energy for?

*(Sports, activities, paying attention in class, doing class work)*

What happens when you skip breakfast?

**(Show slide 2.)** If you don't eat breakfast, your growing body begins to slow down. You may feel tired and weak, get a headache, and have a hard time concentrating.

Did you know that kids who eat breakfast have more energy to run and play and do better in school?

It's important that you eat *something* every day for breakfast so that your body has energy for all of the day's activities.

Now that you know why it is so important to eat breakfast, let's talk about what kinds of foods are going to give you the most energy to start your day.

**(Show slide 3.)** A well-balanced breakfast contains a variety of healthy foods. Think about MyPlate and how a meal should have a fruit, veggie, protein, grain, and dairy. Raise your hand and tell me what kinds of foods you think make great breakfast foods? *(Eggs, cereal, fresh fruit, yogurt, toast with peanut butter, smoothies, pancakes, cottage cheese, etc.)*

What foods do you think are not good breakfast foods? What kinds of foods might slow your body down?

*(Pastries, donuts, sugary cereal, fruit punch, Pop Tarts.)*

**(Show slide 4.)** These types of foods contain a lot of sugar, and some of them contain a lot of unhealthy fats. These types of foods might leave your body feeling sluggish. They also are not very filling, so soon after you eat breakfast you might be hungry again.

While it is okay to have these foods once in awhile, we want the majority of our breakfasts to be made up of Go Foods that will give us lots of long-lasting energy.

We've spent a few months using MyPlate to design healthy meals. So let's make things a bit more challenging! I'm going to divide you into three groups and give each group a problem to solve. I want you to brainstorm some solutions together and then present your group's ideas to the class.

**(Show slide 5.)** Group 1, please come up with suggestions for Annie. Annie likes to stay up late at night so she's always in a rush in the morning. She doesn't have time to sit

down for breakfast. What suggestions do you have so Annie can eat before going to school?

**(Show slide 6.)** Group 2, please come up with suggestions for David. David has a sweet tooth. He really likes sugary cereals and juice for breakfast in the morning. By late morning, David gets sleepy and has a hard time concentrating in class. What suggestions can you make for David so he can have go food breakfast that he'll enjoy and that will help keep up his energy levels?

**(Show slide 7.)** Group 3, please come up with suggestions for Sandy. Sandy doesn't like cereal; she thinks it's gross. She wants to eat a healthy breakfast before school, but doesn't know what to eat other than cereal. What breakfast suggestions can you make for Sandy?

You have five minutes to come up with some ideas. Ready, Go! **(Wander among the groups and provide suggestions if they are getting stuck.)** For example,

**Group 1 - Make grab and go breakfasts**

- **Make trail mix of cereal, seeds and dried fruits and put in baggies.**
- **Go to sleep a little earlier at night.**
- **Make a sandwich at night and put it in the refrigerator.**
- **Have a piece of fruit and some whole wheat bread with cheese.**

**Group 2**

- **Make yogurt parfaits with yogurt, healthy cereals and berries.**
- **Mix sugary cereal with less sugary cereal.**
- **Make scrambled eggs with cheese.**
- **Drink milk or water instead of juice.**

**Group 3**

- **Eggs, whole wheat toast, fruit and milk**
- **Yogurt with fruit and sprinkled with seeds or nuts for crunch**
- **Whole grain pancakes with fruit and milk**
- **Left over dinner**

**(Give each group one or two minutes to share their ideas with the class.)**

Great ideas! Why is breakfast important?

*(It restores your energy levels so you can tackle the day!)*

So, try to eat a balanced breakfast of Go Foods every day!