

## **Lesson: Breakfast, Celebrations and Appetite**

### **Supplies Needed:**

- 3.3a\_LV\_BREAKFAST-CELEBRATIONS-APPETITE-VISUALS
- 3.3a\_LW\_Blank-Plate
- Writing Utensils

### **Goals:**

- Students will learn that food is used to celebrate holidays, culture and traditions.
- Students will understand the difference between hunger and appetite.
- Students will be able to build a balanced meal for a breakfast celebration.

### **Background:**

Celebrations are a time when people and families come together to visit and share a meal. These meals are often tied to the family's culture and traditions and are important to maintain. Often the foods served are not Go Foods, but they can be enjoyed during the celebration with moderation.

Hunger is a physiological urge to eat. Our body often gives us internal signals, such as stomach growling, rumbling, headaches, or a feeling of weakness. Often hunger occurs when we have not eaten food recently.

Appetite is a desire to eat. Appetite often occurs in the absence of the physiological feelings of hunger. Appetite is often affected by external cues, such as emotions, food advertisements, smelling or seeing food, boredom, etc.

Go Foods provide long-lasting energy, tend to be minimally processed, and include things like whole grains, lean proteins, fruits and vegetables, and lean dairy.

Slow Foods may provide a quick burst of energy, but then slow you down. They are usually high in unhealthy fats, salt, or sugar and tend to be heavily processed such as chips, fried chicken, ice cream, cookies, soda.

When the kids bring up Slow Foods, it's okay. They are part of the celebration. Suggest they choose one or two of their favorites and enjoy those.

**Lesson:**

Okay, 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.)**

Raise your hand if you can tell me why we need food.

*(We need food for energy, to think clearly, to play, and to grow strong.)*

How does our body communicate to us that we need energy? *(feelings of hunger)*. Our body has a built in mechanism that signals us when we are low on fuel. This is the feeling of hunger.

**(Show slide 1.)** Hunger is a physical feeling of stomach pain, gurgling sounds, feeling light headed or spacey and/or weak from lack of food. For example, if you didn't have breakfast or anything to eat in the morning, you'd probably be hungry by lunchtime.

Who can tell me a definition of appetite?

**(Show slide 2.)** Appetite is an emotional wanting or desire for a food or beverage with no actual physical symptoms. For example, if you just finished a satisfying lunch and then walked by a bakery, you might have an appetite for chocolate cake, but you probably are not hungry.

Now it's your turn. Who can give me an example of a time that they experienced hunger? **(As 2 or 3 students give examples, correct them if the examples are those of appetite.)**

Now who can give me an example of a time that they experienced appetite? **(As 2 or 3 students give examples, correct them if their examples are those of hunger.)**

How do you feel when you skip breakfast? **(Show slide 3 after they answer.)** We experience the same feelings when we skip breakfast as we do when we are hungry: feeling weak, having a hard time concentrating in school, getting a headache or getting angry or frustrated easily.

**(Show Slide 4.)** This is why breakfast is the most important meal of the day. We haven't eaten for 10-12 hours and our bodies are asking for fuel by making us feel hungry. After a night's sleep, we need to re-fuel with breakfast so we have energy for all of the day's activities.

Besides giving us energy, food has another role in our lives. Think of all of the celebrations you have with your family and friends. Isn't food often a big part of the celebration? For example, many people have cake or a special meal for their birthday. There are many different celebrations and each family has their own food traditions. Can you think of any food traditions your family practices?

If you were planning a special celebration breakfast, for instance on Mother's or Father's Day what would you make?

*(Pancakes, waffles, coffee cake, omelets).*

Although the primary purpose of food is to fuel our bodies with energy, food is also used to celebrate culture, honor traditions, and unite people.

Do you think you eat more Go Foods or Slow Foods during special celebrations?  
*(Probably Slow)*

Not all the foods we eat at celebration times are Go Foods, but it is okay to eat them every once in awhile, especially to celebrate a special event! As long as the majority of the foods that we eat are Go Foods, it is okay to have a treat during celebrations. If we ate these treats all the time, they wouldn't be as special anymore.

During celebration meals there are so many special foods that there is a tendency to over eat. The foods are so special and our memory of them so pleasant they often spark our appetites! It's important to pay attention to how your body feels. When you feel satisfied, stop eating. If you keep going because of your appetite for all the special foods, you may end up too full and feel sick or too tired to play.

What are some healthy choices we can make during celebrations?

- *(Choose one or two special Slow Foods and fill the rest of your plate with Go Foods.)*
- *(Play a sport or go for a walk with your family and friends – you may even have enough people together to play kickball!)*
- *(Pay attention as to whether you are hungry or have an appetite. If you are too full for dessert, take some home for later or for another day.)*

Let's imagine that it is New Year's and your family is making a nice breakfast to celebrate. After breakfast, your family is planning on going for a walk in the park so you will all need some long-lasting energy. Your family has put you in charge of deciding which foods to make.

As we are planning our New Year's Day breakfast, we want to plan a healthy breakfast with enough food to make you feel satisfied without making you feel uncomfortably full. What tool can we use to help us build a balanced breakfast?

*(MyPlate)*

**(Show slide 5.)** I am going to pass out a blank plate that you will use to write down what you will have for breakfast on New Year's Day. Keep MyPlate in mind – fill half your

plate with fruits and vegetables and half with protein and grains. Remember it is okay to have some special celebration foods, like your Aunt's special muffins or your Grandfather's special coffee cake, but you should try to fill most of your plate with Go Foods. If there are a lot of foods you want to eat, take small amounts of each. Keep in mind how much you can eat without feeling too full.

**(Let the students work until 5 minutes before the end of class. If the students are having trouble, offer suggestions:**

**Protein: eggs, beans, lean meats**

**Grains: oatmeal, whole grain pancakes, whole grain toast, Go cereals**

**Dairy: 1% milk, low fat yogurt, low fat cheese**

**Fruit: smoothies, top pancakes or yogurt with berries**

**Vegetables: add to omelets, breakfast sandwiches, smoothies)**

Were you able to fill your plate with Go Foods from each food group? Do you think your breakfast would provide you with long-lasting energy for all of your New Year's Day activities? What are some healthy breakfast foods that you chose?

As you were filling in your plate, did any of you start to crave or want any of the foods you were drawing? When was the last time you ate? Did thinking about these foods spark your appetite or are you truly hungry? Were you able to draw the amount of food on your plates that would leave you feeling satisfied: not hungry and not too full? Was it hard to choose what you really wanted to eat?

Bring home your plates and share them with your parents. Maybe you can help your parents plan what food and drinks will be served at your next breakfast celebration. Maybe you could even help cook some of the food. Working together to plan a celebration makes it even more special!