

3 December Lesson: Break the Fast!

Goals:

- Students will understand the importance of eating a well-balanced breakfast
- Students will be able to identify healthy breakfast items

Audience: 3rd

Optional Craft, Activity or Snack:

- Kitchen Conversions
- Steel the bacon

Materials:

- Breakfast Visual

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

Lesson:

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?

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 (9-11 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)

Show slide #1

What happens when you skip breakfast?

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. Show slide #2

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

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!

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? Show slide #3

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? (Show slide #4)

Pastries, donuts, sugary cereal, fruit punch, Pop Tarts. 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 a few hours after you eat breakfast you might be hungry again.

[If you have extra time, consider the Class Activity from the tips section.]

Let's pretend we're out for a Sunday breakfast. I'm going to show you three really healthy balanced breakfasts. I want you to pick out the one that looks best to you. These are all healthy breakfasts so there's no wrong answer.

The first menu item is scrambled eggs, toast, and cantaloupe (Show slide #5). This would be a great choice because the eggs contain protein that will help us build strong muscles. The toast would give us lots of energy, and the cantaloupe would provide our bodies with vitamins and minerals so we can stay healthy.

The second menu item is yogurt, cereal, and sliced berries (Show slide #6). This would also be an excellent choice because the yogurt has calcium which gives our bodies strong bones and teeth. The cereal would provide our body with long lasting energy, and the berries would provide our body with vitamins and minerals to keep us healthy.

The third menu item is oatmeal with berries, one-half of a grapefruit and a glass of milk. (Show visual #7) Oatmeal would give our body long lasting energy, and the sliced fruit and grapefruit would provide vitamins and minerals to keep our bodies healthy. Grapefruit contains Vitamin C to help us fight germs and colds. The milk would provide our body with protein and calcium so we could build strong muscles.

I know it is a tough choice because all of these foods are delicious! Are you ready to make your order?

Raise your hand if you would order breakfast number 1. Now raise your hand if you would order breakfast number 2. Raise your hand if you would order breakfast number 3.

Answer: All three menu options would be excellent choices.

There are so many great foods to eat for breakfast. Today, we talked about why it is so important to eat breakfast, and we brainstormed many different types of foods that we can eat for breakfast. Remember, try to fill up on a variety of healthy foods in the morning; this will give your body the long lasting energy it needs to do its best!

Tip for Differentiation

If you have extra time consider adding this class activity where referenced above. Divide the class into two groups. Ask one group to come up with a sample healthy breakfast. Have the other group think of an unhealthy breakfast. A leader from each group should describe the breakfast and then the entire group will act out how they would feel after eating the unhealthy breakfast and the healthy breakfast respectively.