

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: K-2nd grade**Lesson Time:** 10 to 15 minutes**Optional Craft, Activity or Snack:**

- Yogurt Parfait
- Breakfast Pizza
- Grade This Breakfast

Support Materials: Visuals for the Breakfast Lesson K-2**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 (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!**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 have more energy to run and play and do better in school?**Leader:** 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!**Leader:** A well-balanced breakfast contains a variety of healthy foods. Raise your hand and tell me what kinds of foods you think make great breakfast foods?
(Answer): eggs, cereal, fruit, yogurt, toast and peanut butter, smoothies, pancakes, cottage cheese, etc.

Leader: What foods do you think are not good breakfast foods? What kinds of foods might slow your body down?
(Answer): pastries, donuts, sugary cereal, punch

Leader: These types of foods contain a lot of sugar, and some of them contain a lot of fat. 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.

Leader: I want everyone to show me their best manners. Let's pretend we're out for a Sunday breakfast. I'm going to show you three menu items, and I want you to pick out the one you would choose. It is going to be a tough choice because all of these menu items are full of healthy ingredients.

The first menu item is scrambled eggs, toast, and cantaloupe (show picture). This would be a great choice because the eggs contain protein which 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 picture). 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 a whole wheat bagel with peanut butter and sliced bananas. The whole wheat bagel would give our body long lasting energy, the peanut butter would provide our body with protein (so we could build strong muscles), and the bananas would provide vitamins and minerals to keep our bodies healthy.

Leader: 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.

Leader: 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!

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