

Health

2.NPA.2.1

Summarize motivations for eating food including hunger and satiety.

2.NPA.2.2

Explain the importance of a healthy breakfast and lunch.

Materials:

- video from USDA Allyson Felix: Energize Your Day With School Breakfast, <https://www.usda.gov/media/blog/2013/08/29/reach-your-goals-start-healthy-breakfast>
- Appendix A – Break/Fast Cards
- Teacher clock
- Appendix B - Breakfast starts my day off right (USDA) https://fns-prod.azureedge.net/sites/default/files/tn/dmp_beyourbest.pdf
- Appendix C: Color Your Lunch Tray (USDA) https://fns-prod.azureedge.net/sites/default/files/resource-files/OVS_ElemPoster.pdf
- Appendix D – Breakfast Starts My Day Off Right
- Appendix E – Breakfast writing

Focus Step

Play the video from the USDA with Allyson Felix: Energize Your Day with School Breakfast (30 seconds).

<https://www.usda.gov/media/blog/2013/08/29/reach-your-goals-start-healthy-breakfast>

Ask students for some examples of healthy breakfast.

Ask if they remember why breakfast is so important? - so they start their day with energy.

Statement of Objectives

Recently we talked about energy and how food gives fuel for our bodies. In today’s lesson we will learn about the importance of eating a healthy breakfast when starting your day. We will review healthy choices of breakfast foods and also review the importance of having a healthy lunch.

Teacher Input

Ask students to look at the word breakfast. What does the word mean? What two words do they see in the word: “break” and “fast.” Using the table below, write each dictionary definition on a single note card. Ask students to look at the different meanings of the word break and the different meanings of the word fast. With their partners, ask students to discuss which meanings belong together to define the word breakfast. Ask each pair to share with the class which two definitions they think belong together and why.

Explain that breakfast means to break the fast. A fast is a period of time without food and we want to break or end that period by eating nutritious foods.

Using a teacher held clock, discuss how many hours the body normally “fasts” from dinner to breakfast (e.g. 6 p.m. to a.m. = 12-13 hours). After that time, the brain goes into “starvation” status. Ask students if they feel hunger between breakfast and lunch. Show students how many hours it is from breakfast to lunch. Show the length of time from lunch to dinner. Explain that it is good for our bodies to have a fast between dinner and breakfast, but when we start our day we want to make sure that we give our bodies the most nutritious meal to provide the greatest amount of energy that will last through the day.

Show Appendix B, Be Your Best with Breakfast. Ask students to identify the foods on Nate and Kate's plates. And what are the grains? Why is this an example of a healthy breakfast? - because there are whole grains and a variety of foods for energy.

A breakfast that is complete with a healthy lean protein (e.g. eggs, low-fat yogurt, beans etc.), whole grains (e.g. whole wheat toast, oatmeal, cold cereal), fruit (e.g. berries, tomatoes), vegetables (e.g. spinach, greens) and a low-fat dairy (e.g. cheese, yogurt, milk) are going to give us the most energy through the day. Foods that are high in fat (e.g. bacon, fried chicken) and sugar (e.g. doughnuts, pastries, cereals) do not give our bodies energy that will last through the day.

Show Appendix C, Color Your Lunch Tray. Ask students what their favorite healthy lunch item is. How do they know it is healthy?

Tell the students that the handout reminds them to have at least three food groups on their lunch tray and at least one half of a cup of fruit or vegetables. Have students share a variety of fruits or vegetables that they enjoy or would like to try.

Assessment:

Distribute Appendix D Breakfast Starts My Day Off Right guide and explain to students that they will keep track of what they eat for breakfast every day and color in one of the stars if their breakfast includes three or more of the food groups.

Distribute Appendix E, Why is it important to eat a healthy breakfast and a healthy lunch?

Using what students learned about the importance of eating a healthy breakfast, tell students to summarize why it is important to eat a healthy breakfast and think about why it is important to follow a healthy breakfast with a healthy lunch (Appendix C). Ask students to read aloud their statements about why breakfast is the most important meal of the day and why it is important to eat a healthy lunch.

Closure:

I hope that tracking your breakfast choices and being aware of healthy foods will remind you to make good choices throughout the day.

Appendix A

Break	Fast
To cause to separate suddenly or forcefully into pieces; smash	Done quickly
To crack, destroy or make unusable	The ability to move with speed
To bring to an end	A period of time without food
To make known	In advance of the correct time



United States Department of Agriculture

Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!



Parents

Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

Check the Ingredients List:

Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients are:

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice

INGREDIENTS:
~~WHOLE GRAIN WHEAT FLOUR,~~
~~WATER, SUGAR, WHEAT GLUTEN,~~
 SOYBEAN OIL, NATURAL FLAVOR,
 SEA SALT, YEAST, CULTURED
 WHEAT FLOUR, MOLASSES, SOY
 LECITHIN, RAISIN JUICE, VINEGAR,
 ASCORBIC ACID; TOPPED WITH
 WHEAT BRAN.



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Appendix C



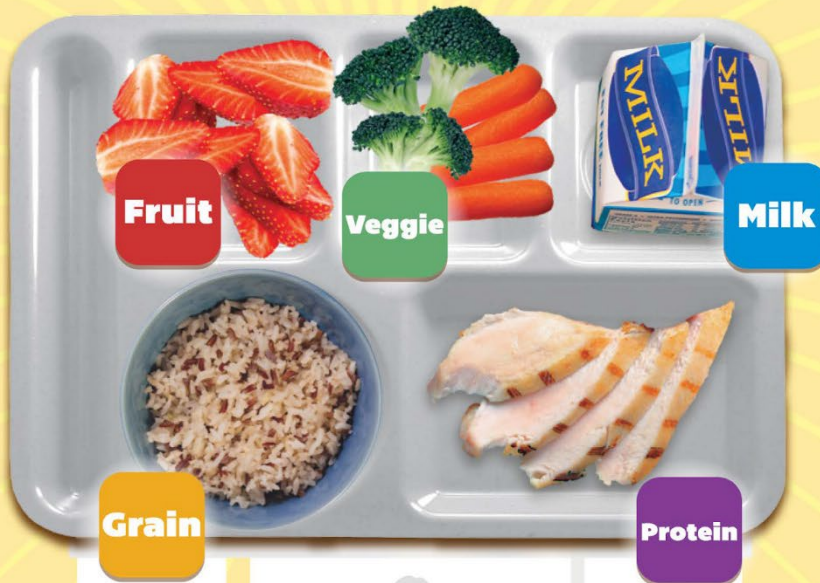
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Color Your Lunch Tray!

Choose **3** or more food groups

Pick at least **1/2** cup fruit and/or vegetable



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Appendix D

Name: _____ Date: _____

Breakfast Starts My Day Off Right

	Monday	Tuesday	Wednesday	Thursday	Friday
What I ate for breakfast	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

Color a star if you ate from at least 3 food groups (Fruits, Vegetables, Grains, Dairy, Protein)



Appendix E

Name: _____ Date: _____

Breakfast is the most important meal of the day because

It is important to eat a healthy lunch because

