Potential Integration:
Math

Health
K.NPA.2.2 Summarize the importance of a healthy breakfast and lunch.

Materials:
- Internet Connection
- Appendix 1, Fruits and Vegetables, Count to 10
- MyPlate template, English version https://myplate-prod.azureedge.net/sites/default/files/2020-12/Coloring%20Sheet.pdf
- MyPlate template, Spanish version https://myplate-prod.azureedge.net/sites/default/files/2021-01/ColoringSheet_Sp.pdf

Statement of Objectives:
Today we will talk about our food choices for breakfast and lunch, then talk about which are healthiest. We will also talk about more, less, and equal for the foods we discuss.

Focus:
Play the video, Elmo visits the White House Kitchen (2:27)
(https://www.youtube.com/watch?v=FV4DI-W1TJk)

Ask the following questions:
- What were some of the foods that Chef Sam made for Elmo?
- What was an "Anytime Food"?
- What foods do you like for breakfast or lunch?
- How do you know they're healthy?

Teacher Input:
Let's begin by going over our numbers, 1 – 10. I have a handout (Appendix 1) that has each of the numbers represented by a fruit or vegetable. After you count the number of foods in the group, write the number down. You should have only one group per number. After you finish, we will review your answers. Also, all of these foods are "Anytime" foods!

Now we are going to brainstorm all the breakfast foods we eat and I will write them all down (on the board, or SmartBoard).

How many items did we list? (number the items on the board)

You have learned about the importance of MyPlate and the different amounts in the five groups. Let's place a check mark beside the breakfast items that are healthiest (could include yogurt; multi-grain, low-sugar cereal; eggs; beans; etc.)

How many are checked? (write the number on the board)

Why are some of them not checked? Answer: because they are high in fat and/or sugar.

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Why is breakfast important?

Very good. Now let's brainstorm for lunch (on the board, or SmartBoard).

How many items did we list? (number the items on the board)

Now let's place a check beside the healthiest lunch options (could include lean meats like turkey or chicken or tuna; beans or not butters; fruits and vegetables; multi grains; etc.)

How many are checked? (write the number on the board)

Why are some of them not checked? Answer: because they are high in fat and/or sugar.

Did we list more, less, or equal number of breakfast foods and lunch foods?
Did we check more, less, or equal number of healthy breakfast foods and lunch foods?
Why is lunch important?

Why is it important to eat healthy? Answer: so our bodies and brains will grow strong!

*Some foods may need to be broken down to their "parts" ie, Turkey sandwich: whole grain bread, turkey, cheese, lettuce, tomato, mustard

Assessment:
Print two sided black and white MyPlate template for students. I have a front and back copy of MyPlate for you to color and draw a healthy breakfast, then a healthy lunch. You should write down the name of the food (I can help if you need me to), then count the number of foods on each side. Which side how more foods? Which side has less foods? Are the sides equal in the number of foods they have?

Closure:
Today we discussed foods for healthy breakfasts and lunches. We also compared all items with healthy items so you can make good choices.
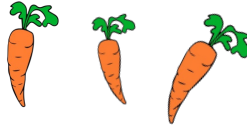
Fruits and Vegetables Count to 10

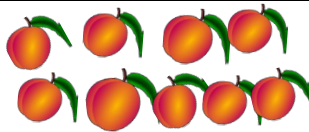| **Food**	**How many?**
Banana	
Carrot	
Cucumber	
Apple	
Sweet Potato	
Tomato	
Peach	
Spinach	
Strawberry	
Pepper	

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