# Lesson Title: Breakfast of Champions

**Learning Objectives:**

- Be able to understand **why** eating a balanced breakfast is important
- Identify the role of breakfast and academic performance

**Opening:**

Open discussion: What did you have for breakfast this morning?

**Essential Content:**

**What does a balanced breakfast look like?**

- Source of protein, carbohydrate and healthy fat!
- Beware of sugar content in pre-packaged breakfast items and drinks
- Stick with water, milk, almond milk or coconut milk
    - Stay away from juice! Contains upwards of 6 teaspoons of sugar in only one cup!
    - Stick with **whole fruit over juice**
- Have quick and easy options available if you are running short on time
    - Greek yogurt with nuts
    - Make a smoothie

**Examples of a balanced breakfast:**

- Ham, egg and *cheese* breakfast sandwich on English muffin
- Scrambled eggs and fruit
- Smoothie (Greek yogurt, **one piece of fruit** & almond milk)
- Greek yogurt parfait with nuts and granola
- Milk with English muffin and peanut butter

**Student Nutrition Services & Breakfast:**

- Studies show eating breakfast improves academic performance including word recall, standardized test scores, improved learning ability, and reaction time.
- School breakfast programs improves student alertness, reduces distractions, reduces hunger headaches, visits to the nurses office, decreases behavior issues and improves attendance.
- About half of low-income students who participate in lunch programs also participate in breakfast as well. Why?
    - Barriers cause some low-income students to not participate in breakfast. Examples of these barriers: tardiness, bus schedule, long lines
    - Many times students would rather socialize with their friends than have to eat breakfast in a cafeteria. Fear of being identified as a “poor kid” if they participate in the free breakfast.
    - Solutions: breakfast in the classroom, free breakfast for everyone to remove the label (CEP)
    - *Goal of breakfast programs is to remove the barriers from children eating breakfast!*

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**Results from Breakfast in the Classroom Survey:** An increase in breakfast participation (85 percent);

- Fewer reports of student hunger (61 percent)
- Fewer tardy students (40 percent)
- Improved student attentiveness (37 percent)
- Improved school (34 percent) and classroom (35 percent) environments
- Fewer visits to the school nurse (18 percent)
- Fewer disciplinary referrals (16 percent)
- Decreased absenteeism (13 percent)
- Improved standardized test scores (13 percent)
- Improved reading test scores (11 percent)
- Improved math test scores (10 percent)
- Improved cognitive test scores (6 percent)

**School Breakfast Programs:**

- Two different menus depending on where students pick up their meal:
  - Hot Breakfast in the cafeteria
  - Grab –n- Go Breakfast/Breakfast in the classroom
- Full price of breakfast meals is $1.50

**Activity:**

**Guided Practice:** Take a look at nutrition labels for common breakfast items. Are they balanced? What is lacking? Is there anything that is over recommended amount?

Examples:



<u>High in sugar, low in protein & healthy fat</u>
<u>Switch out for a lower sugar cereal, add hard-boiled egg</u>

<u>High in sugar, low in protein</u>
<u>Add Greek yogurt</u>

**Independent Practice:** Pick the better breakfast option out of the two choices and *explain why it is the better option.*

**Closure:**

What could you change about your current breakfast to make it more balanced?