

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:



Nutrition Facts	
Serving Size 1/2 cup (30g)	
Servings Per Container 10	
Total Fat	1.5g 3%
Saturated Fat	0.5g 10%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	100mg 2%
Total Carbohydrate	30g 6%
Dietary Fiber	1g 2%
Sugars	12g 24%
Protein	1g 2%

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Caneola Oil, Fructose, Malodolcitol, Citric Acid, Salt, Cinnamon, Titanium Dioxide, Soy Lecithin, Caramel Color, BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mixed oxides), Vitamin C (polymerized), A & B Vitamins (niacinamide, Vitamin B₆, pyridoxine hydrochloride, Vitamin B₁₂ (methylcobalamin), Vitamin B₉ (methylcobalamin), Vitamin A (retinyl palmitate), A & B Vitamins (vit. acet), Vitamin B₁₂, Vitamin D₂.

CONTAINS WHEAT AND SOY INGREDIENTS.

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Switch out for a lower sugar cereal, add hard-boiled egg



Nutrition Facts	
Serving Size 2 bars (42g)	
Servings Per Container 6	
Total Fat	0g 0%
Saturated Fat	0.5g 10%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	100mg 2%
Total Carbohydrate	20g 4%
Dietary Fiber	2g 4%
Sugars	12g 24%
Protein	4g 8%

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.

CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

High in sugar, low in protein
Add Greek yogurt

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?