

Building the Breakfast Habit

The Big Idea

Starting the day off with a nutritious breakfast is so important, but for many students, this “habit” may not be part of their existing routine. This activity explores healthy breakfast options with a “tracker” component that allows students to tally their breakfast over a one-week period.

Education Standards: (NHES) Health: 2.2.1, 6.2.1; (CCSS) English Language Arts: W.K-1.2, SL.K-1.1, SL.K-1.5, L.K-1.5; (CCSS) Mathematics: 1.MD.C.4; (NAEA) Visual Arts: VA.K-4.1

GOALS AND SKILLS

Students will...

- Give examples of healthy foods in five food groups
- Identify and choose healthy options for breakfast
- Draw a picture of a breakfast food

Supplies and Preparation:

- Chart paper or whiteboard
- Art supplies
- Poster board
- Make copies of **My Healthy Breakfast Tracker Chart*** (page 3) and **Power Breakfast List** (page 4) to send home to parents

*The tracker chart is for 1 week. Make additional copies for additional weeks tracked.

Background for Teacher: Visit USDA's www.choosemyplate.gov to download the **MyPlate** icon, for more information on nutrition, and for a list of healthy foods in each of the five food groups.

Fruits



Focus on fruits

Vegetables



Vary your veggies

Grains



Make at least half your grains whole

Protein



Go lean with protein

Dairy



Get your calcium-rich foods

INSTRUCTION STEPS

1. Exploratory Questions. Start a class discussion by asking students the following questions:

- *What are some foods you like to eat for breakfast?*
- *Who can think of some foods that might make a good healthy breakfast?*

2. Our Favorite Breakfast Foods. Make a list of favorite and healthy breakfasts with the entire class. Together, choose and organize the foods in each food group: Fruits, Grains, Dairy, Protein, and Vegetables.



Continue the brainstorm and prompt students to lead them to a list of nutrient-packed options in the five food groups:

1. **Fruits** (fresh and dried fruits, 100% fruit juice)
2. **Grains** (oatmeal, whole grain bread, whole grain/low sugar cereals)
3. **Dairy** (low-fat milk, cheese, and yogurt)
4. **Protein** (eggs, nuts, and lean meats like turkey, chicken, or ham)
5. **Vegetables** (while not as common at breakfast, veggies can be included, e.g., as a tasty filling for omelets, such as tomatoes, broccoli, or spinach)

Teacher Tip!

Need more healthy breakfast food ideas? Visit www.choosemyplate.com for a list of healthy foods that belong to each food group.

Have students practice reading and spelling healthy foods by featuring them as vocabulary words. For example: fruit, banana, apple, bread, cheese, eggs, ham, tomato.

Practice adjectives by having students describe the taste of each food. For example: sweet, salty, chewy, soft, crunchy, cold, warm.

3. The Art of Breakfast! Provide students with art supplies and have students choose and illustrate their favorite breakfast foods. Encourage them to choose at least one food from each food group.

Create a bulletin display with their colorful art, with the header, “Our Favorite Breakfast Foods.” Over the course of the month, add pictures of new foods tried as well as new vocabulary words.

4. Track One Week of Healthy Breakfast. As a class, track one week of everyone’s breakfast. Use the *My Healthy Breakfast Tracker Chart*. (You may want to create a large chart-sized version for this activity or copy it onto the whiteboard for easier access.) Every day, invite student volunteers to share what they ate for breakfast and add it to the list. Practice identifying which food group each item belongs to.

Identify new, healthy breakfast options to discover and try together as a class. At the end of the week, reflect on all the foods the class tried. Ask: *Which were your favorite? Did you try something new? What did it taste like? What do you want to try next?*

5. Extend the Lesson. Distribute the *My Healthy Breakfast Tracker Chart* and explain to students that they will take their trackers home and use them for one week with their parents. Afterward, have students bring their trackers in to share with the class. Together, tally the foods eaten for breakfast during the one-week period. Add new breakfast menu foods to the bulletin board.

6. Home Connection. Go over the *Power Breakfast List* with students. Then send copies home for parents along with copies of the *My Healthy Breakfast Tracker Chart*. Inform parents that the class is undertaking a quest to track daily breakfasts and focus on healthy options from a variety of food groups.

Invite parents to work with the students to track their breakfasts at home every day for at least one week, and return the completed *My Healthy Breakfast Tracker Chart* to class.

Encourage them to visit www.choosemyplate.com for healthy and kid-approved recipe ideas!

STUDENT HANDOUT: My Healthy Breakfast Tracker Chart

Name: _____

What I ate for breakfast this week

Week: _____	Food Groups			
DAY	FRUITS	GRAINS	DAIRY	PROTEIN
Monday:				
Tuesday:				
Wednesday:				
Thursday:				
Friday:				

STUDENT/PARENT HANDOUT: Power Breakfast List

Name: _____

Which foods did your breakfast include? Add your favorites to the list!

Fruit

- Fresh fruit or canned fruit in juice
- Dried fruit
- 100% juice

My Favorites:

Dairy

- Low-fat yogurt
- Low-fat cheese
- Low-fat or fat-free milk

My Favorites:

Whole Grain

- Oatmeal
- Whole grain cereal
- Whole grain toast

My Favorites:

Protein

- Nuts
- Peanut or almond butter
- Eggs

My Favorites:

Check out **MyPlate**'s selection of easy, healthy recipes – including some breakfast favorites!
<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>