

# Lesson C

## Start Smart With Breakfast!

### Objective

Children who participate in this activity will be able to:

- Describe a morning meal as a source of energy for growing, learning, and playing.
- Plan appealing, easy-to-make breakfasts with food from at least three food groups.

### Participants

Children in grades 3 and 4

### Time

30 minutes

### Materials

- Decorate the learning area with the United Tribes Technical College *Eat Smart. Play Hard.*™ poster and *MyPyramid for Kids* poster.
- Get a soft foam ball to toss or roll.
- Make copies of *Balanced Living for Kids* handout.
- Order or download the Power Up With Breakfast parent brochure ([www.fns.usda.gov/eatsmart/playhard/orderform.htm](http://www.fns.usda.gov/eatsmart/playhard/orderform.htm)) to give to each child to take home.

### Tips for Leaders

- Breakfast helps power the day for everyone, including growing children. Children who eat breakfast are more likely to:
  - Pay attention in class and do better in school.
  - Feel good and complain less about headaches and stomachaches from being hungry.
  - Miss fewer school days and are late less often.
  - Get enough nutrients and food energy to grow and develop.
- Eating many different breakfast foods is important since each food group supplies different nutrients for active, growing children:
  - **Grain Group:** carbohydrate, vitamins, minerals, fiber
  - **Fruit Group:** minerals, vitamin C, fiber
  - **Vegetable Group:** minerals, vitamin A, fiber
  - **Milk Group:** protein, vitamins, calcium
  - **Meat and Beans Group:** protein, vitamins, iron

- A smart breakfast that helps kids “start smart” includes foods from at least three of the five food groups. Kids might enjoy many different foods for breakfast, not just traditional breakfast foods. Examples include easy-to-make, quick-to-eat “start smart” breakfasts:
  - fruit-yogurt smoothie, whole-wheat toast (Fruits, Milk, and Grain Groups)
  - bean (or egg) burrito with lowfat cheese, orange juice (Meat, Grains, Milk, and Fruit Group)
  - peanut butter on toast or a toasted waffle, orange or tangerine, lowfat or fat-free milk (Meat, Grains, Fruit, and Milk Groups)
  - low-fat granola cereal topped with lowfat or fat-free milk or yogurt, cranberry apple juice (Grains, Milk, and Fruit Groups)
  - whole-wheat crackers, hard boiled egg, baby carrots, and lowfat strawberry-flavored milk (Grains, Meat, Beans, Vegetables, and Milk Groups)

### Attention Grabber

- As an activity opener, have children act out how they feel when they don't eat breakfast.
- Ask students to list what they like to eat for breakfast.

### Linking Native Culture

- Native American ancestors taught their people that food is a gift from the Creator and a spiritual medicine to be eaten respectfully and in balance.
- Modern foods (sweetened beverages, high-fat meats, limited intake of fruits and vegetables, and processed grains and starchy foods in large quantities, often fried.) is different than the traditional whole foods Native American ancestors ate. They were also very physically active.
- This change in diet and activity has resulted in a decline in the health of the people. Native Americans have high rates of diabetes, obesity, heart disease and high blood pressure.
- Introduce *Balanced Living for kids* food groups for kids.

- To eat more like Native American ancestors, we need to eat more of the traditional foods. A balanced plate of food for today includes the four components of the traditional Native American diet.
  - Water (healthy beverage)
  - Lean Meats (Protein source)
  - Fruit and non-starchy vegetable
  - Whole grain or starchy vegetable (corn & potato).
- Optional Activity: Provide children with a visual display of traditional foods. On a plate display berries (blueberries or June berries), buffalo (jerky), and bread (made with corn).
- Wild teas (spearmint, peppermint, and licorice) were used.
- Keeping a connection with the land by hunting, fishing, gardening and preparing traditional foods will strengthen the people and sustain their traditional ways for the next generation.

### Teaching Activity

Help kids understand that breakfasts include several different food-group foods. Go over the five major food groups, using the *MyPyramid for Kids* poster or *Balanced Living for Kids* handout when discussing food groups.

- Talk about how each food group helps them “start smart” each day. Explain that a “start smart breakfast” has foods from at least three food groups.
- **Ask:** kids to name the food groups represented in the three breakfast menus on the board:
  - **Menu #1:** yogurt, banana, muffin, water (Milk, Fruit, and Grains Group)
  - **Menu #2:** egg burrito with salsa, grapes, milk (Meat and Beans, Grains, Vegetable, Fruit, and Milk Groups)
  - **Menu #3:** waffle with apples, fruit cup, ham, milk (Grains, Fruit, Meat and Beans, and Milk Group)
- **Ask** children what they think makes these breakfasts so good.

- **Reinforce** the ideas that a "start smart breakfast" has foods from at least three food groups.

### Movement Activity

Play the "Start Smart Breakfast Ball Toss" to get kids' creative juices working, as they practice planning "start smart breakfasts" with food from three or more food groups.

- **Ask:** the group to stand.
- **Point out** that almost any food in the food groups, including those that they may not consider as breakfast foods, can be eaten in the morning. Breakfast foods also can be foods they carry with them.
- **Have** one child at a time toss or roll the ball randomly to another player. The child who catches the ball names one food that he or she would eat for a "start smart breakfast."
- **Have that** child toss or roll the ball to another player to name another food for the

"start smart breakfast." Continue as that child tosses or rolls the ball to another child who in turn adds one more food to the "start smart breakfast" menu.

- **Encourage** everyone to call out "*start smart*" when the breakfast menu contains foods from three food groups or more.
- **Repeat** the game play, seeing how many different "start smart breakfasts" children can create. If time permits, play until all children get a turn.

### Activity Review

- Have students make a list of healthy breakfast foods they would like to try.

### At-Home Activities

- **Give** all children the *Power Up With Breakfast* parent brochure to take home.

## Useful Resources

- Additional Eat Smart. Play Hard.™ Resources  
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)
- From Team Nutrition's Nibbles for Health  
*Newsletter 6, Why Breakfast?*  
[www.teamnutrition.usda.gov/Resources/Nibbles/why\\_breakfast.pdf](http://www.teamnutrition.usda.gov/Resources/Nibbles/why_breakfast.pdf)

These materials were adapted from the Eat Smart. Play Hard.™ Campaign, an educational program of the Food and Nutrition Service, USDA. For more information on the USDA initiative, go to [www.fns.usda.gov](http://www.fns.usda.gov).

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