



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Breakfast means exactly what it says - "to break the fast" of not eating during a good night's sleep - and this meal plays a vital role in our physical and mental well-being. The following activities will help your students recognize the importance of the first meal of the day and identify what foods make up a great breakfast.

## Related KidsHealth Links

### Articles for Kids:

#### Ready, Set, Breakfast!

[KidsHealth.org/en/kids/breakfast.html](http://KidsHealth.org/en/kids/breakfast.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### MyPlate Food Guide

[KidsHealth.org/en/kids/pyramid.html](http://KidsHealth.org/en/kids/pyramid.html)

#### Figuring Out Food Labels

[KidsHealth.org/kid/nutrition/food/labels.html](http://KidsHealth.org/kid/nutrition/food/labels.html)

#### How to Read a Recipe

[KidsHealth.org/en/kids/labels.html](http://KidsHealth.org/en/kids/labels.html)

#### Recipes

[KidsHealth.org/en/kids/recipes/](http://KidsHealth.org/en/kids/recipes/)

#### Minerals

[KidsHealth.org/en/kids/minerals.html](http://KidsHealth.org/en/kids/minerals.html)

#### Vitamins

[KidsHealth.org/en/kids/vitamin.html](http://KidsHealth.org/en/kids/vitamin.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why is eating breakfast so important? Do you eat breakfast? Why or why not? Do you feel or see a difference in yourself when you do or do not eat breakfast?
2. What's the difference between breakfast, lunch, and dinner? Why is each important? Discuss your daily routine on a typical school day. When do you eat your meals? How are your activities affected by what and when you eat?
3. Whole-grain cereal, blueberries, and skim or low-fat milk make up a healthy breakfast. But what if you don't have any blueberries? What if you eat cookies instead? Is any breakfast better than no breakfast? How can you handle breakfast when healthy choices aren't available?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### There's No Business Like the Cereal Business!

#### Objectives:

Students will:

- Compare and contrast food packaging of common breakfast cereals
- Analyze media messages and the effects of advertising on their daily lives

#### Materials:

- One empty cereal box per student
- Construction paper
- Tape or glue
- Art supplies (paints, markers, crayons)

#### Class Time:

1 hour

#### Activity:

How often do you have cereal for breakfast? What kinds are your favorites? What do those cereal boxes look like? Take a closer look at cereal boxes you see every day. What pictures, colors, or information do you see on the packages? What do you see or hear about a cereal that makes you want to eat it for breakfast? Cereal companies use all kinds of pictures, famous people, and even toys to get people to buy their cereal.

Pretend that you're in charge of designing a new cereal for kids, one that is not only good for you, but also tastes good and looks fun to eat. A healthy cereal should have lots of vitamins, minerals, and other nutrients like fiber. But it should not have lots of sugar. Too much sugar is not healthy. So that means you could use dried fruit - like raisins or dried cranberries - instead of sugary marshmallow bits, for example.

Think about what you should name your new cereal and what it should look like. A cereal with a name like Bright Breakfast could be shaped like little whole-grain suns and have almond-silver sunshine rays in it. A cereal with an extreme sports theme named Shredded Skaters could have whole-grain skateboard shapes with raisin helmets.

Next, put your new cereal ideas on an actual cereal box. Glue or tape construction paper around an empty cereal box and let your imagination take over. Decorate your cereal box with its name and an image of what a typical spoonful of the cereal looks like. What colors, pictures, games, or information can you add to the package to attract kids and parents to buy your cereal? Be sure to show why your cereal is fun and tasty as well as why it's a healthy choice for breakfast.

#### Extensions:

1. Have students visit a local grocery store to examine the front covers of cereal packages, then write down and keep track of what kinds of pictures, games, toys, or even candy that many cereal companies include in their packaging to make kids want to buy it. Share the findings with your class.
2. Cereal commercials often use a short song called a jingle to advertise or sell their brand. Create a breakfast jingle to sell your new cereal. Think about the kind of music, sound effects, and words you could use that would make kids want to eat your brand.



## Great Beginnings

### Objectives:

Students will:

- Identify foods typically eaten for breakfast
- Plan healthy choices for breakfast

### Materials:

- Old magazines and newspapers
- “Great Beginnings” handout
- Tape or glue, art supplies (paints, markers, crayons)

### Class Time:

30 minutes

### Activity:

The chef at a new restaurant, Great Beginnings, is planning the morning menu. She needs help to put together healthy choices for breakfast. Think about what you usually eat or see others eat for breakfast. Examples of healthy breakfast items include oatmeal, milk, eggs, yogurt, fruit, peanut butter, and whole-grain cereal, bread, or waffles. Design a breakfast for Great Beginnings. Cut out pictures of healthy breakfast choices found in old magazines and newspapers, and tape or glue them to the Great Beginnings handout. Use your art supplies to add your own combinations of foods and drinks. Be sure to include a variety of foods. Add a title to your breakfast and get ready for opening day at Great Beginnings!

### Extensions:

1. Whether it’s rice with vegetables, or bread dipped in hummus, it all adds up to typical breakfast foods people enjoy around the world. Using reference materials from your library, look for foods commonly eaten in different countries. Share your findings with your class.
2. Read the article “Help Your Parents Get Healthy” ([KidsHealth.org/en/kids/healthier-parents.html](http://KidsHealth.org/en/kids/healthier-parents.html)), then talk with your parents or guardians about ways to have healthy breakfasts.

## Reproducible Materials

### Handout: Great Beginnings

[KidsHealth.org/classroom/3to5/personal/nutrition/breakfast\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/breakfast_handout1.pdf)

### Quiz: Breakfast

[KidsHealth.org/classroom/3to5/nutrition/breakfast\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/nutrition/breakfast_quiz.pdf)

### Answer Key: Breakfast

[KidsHealth.org/classroom/3to5/nutrition/breakfast\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/nutrition/breakfast_quiz_answers.pdf)

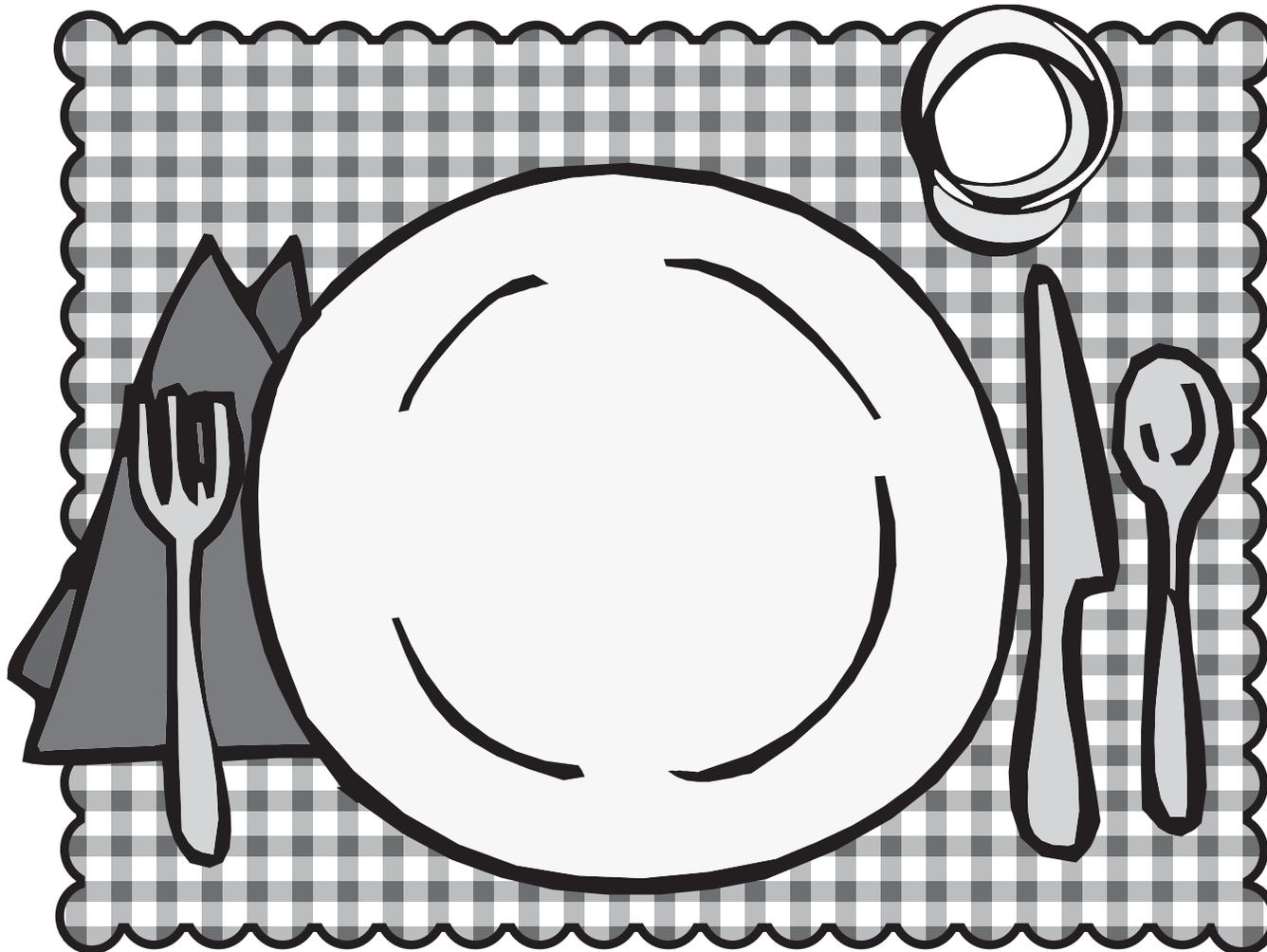


Name:

Date:

## Great Beginnings

Instructions: Paste or draw pictures of six foods and drinks that can be part of a healthy breakfast. Draw a line from each item to the margins of the page, and briefly explain why each is a healthy choice.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: Healthy breakfasts have foods with lots of calories, sugar, and fat.
2. True or false: Kids who eat breakfast tend to do better in school.
3. Bananas, oranges, strawberries, and apples are all:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
4. Bacon and sausage are:
  - d) Go foods
  - e) Slow foods
  - f) Whoa foods
5. Waffles and pancakes are:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
6. Skim and low-fat milk are:
  - a) Go foods
  - b) Slow foods
  - c) Whoa foods
7. The MyPlate food guide breaks foods into these groups:
  - a) breakfast, lunch, snack, dinner, dessert
  - b) fruits, grains, vegetables, protein, dairy
  - c) fruits, nuts, berries, twigs, leaves, pebbles
  - d) solids, liquids, gases
8. Vitamin D in milk helps you have strong \_\_\_\_\_ and \_\_\_\_\_.
9. Two minerals people need to stay healthy are: \_\_\_\_\_  
\_\_\_\_\_
10. Foods like donuts are not a good breakfast because: \_\_\_\_\_  
\_\_\_\_\_



## Answer Key

1. True or false: Healthy breakfasts have foods with lots of calories, sugar, and fat.
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  - d) solids, liquids, gases
8. Vitamin D in milk helps you have strong \_\_\_\_\_ bones \_\_\_\_\_ and \_\_\_\_\_ teeth \_\_\_\_\_.
9. Two minerals people need to stay healthy are: (any two of the following: calcium, chloride, cobalt, copper, fluoride, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, sulfur, zinc) \_\_\_\_\_
10. Foods like donuts are not a good breakfast because: (any of the following: high in calories, sugar, and fat; don't contain the nutrients people need) \_\_\_\_\_