



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.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Are your students sluggish and having trouble concentrating? Perhaps adding a healthy breakfast to their busy routines would help! The following activities will help your students learn the value of a nutritious breakfast.

Related KidsHealth Links

Articles for Kids:

Ready, Set, Breakfast!

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

MyPlate Food Guide

KidsHealth.org/en/kids/pyramid.html

Articles for Teens:

MyPlate Food Guide

TeensHealth.org/en/teens/myplate.html

Go, Slow, and Whoa! A Quick Guide to Healthy Eating

TeensHealth.org/en/teens/go-slow-whoa.html

A Week of Healthy Breakfasts

TeensHealth.org/en/teens/healthy-breakfasts.html

Healthy Breakfast Options

TeensHealth.org/en/teens/breakfast-sheet.html

Discussion Questions

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

1. Some people consider breakfast to be the most important meal of the day. Do you agree? Why or why not? Do you usually eat breakfast? Can you tell a difference in how you feel on days when you eat breakfast and on days when you don't?
2. You're late for school, you can't find your homework, and your dog just escaped out the back door - no wonder you don't have time for breakfast! Discuss other reasons why you might skip breakfast. Then brainstorm ways to overcome these obstacles to make breakfast a regular part of your busy schedule.
3. Kids who don't eat breakfast are more likely to have a higher body mass index (BMI), which is an estimate of body fat based on height, weight, and age. Why do you think kids who skip breakfast are more likely to have a higher BMI?



Activities for Students

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

What's for Breakfast?

Objectives:

Students will:

- Learn why a nutritious breakfast is part of a healthy diet
- Create a healthy breakfast menu

Materials:

- Computer with Internet access
- Plain paper
- Art supplies (pencils, markers)

Class Time:

45 minutes

Activity:

Healthy Harry's is a local fast food restaurant looking to expand its menu to include breakfast. To make it appealing to teens, Healthy Harry's has hired you to design a mock-up for a website to promote its new breakfast menu. Figure out some healthy breakfast options that Harry's could serve. Then sketch what the main page of your site should look like. On your website, include the following items:

- Healthy Harry's new breakfast menu
- The reasons why Harry's is selling breakfast
- An explanation of what makes the breakfast options healthy

Make sure the page is attractive to teens so that they'll want to head over to Healthy Harry's for breakfast!

Extensions:

1. Using the nutrition facts provided online by most major fast food chains, compare breakfast foods in terms of information like calories, fat, sodium, vitamins, and minerals. Based on your comparison, select items to create the healthiest breakfast.
2. Maybe you don't want a fast food breakfast, but you're still in a hurry. Brainstorm a list of quick breakfasts that could fuel you up for a busy day!
3. You just woke up after sleeping late on Sunday morning, and you're starving. You'd like to cook a big breakfast to satisfy your rumbling stomach, but what should you make? Collect healthy breakfast recipes and compile them with other students' recipes for a class recipe book. Make sure to include nutritional information whenever possible.



Breakfast Book

Objectives:

Students will:

- Learn why breakfast is an important component of a healthy diet
- Share information with younger students to help them make healthy breakfast choices

Materials:

- Computer with Internet access
- “Breakfast Book” handout
- Pen and plain paper or computer word processing program
- Art supplies (colored pencils, markers, crayons)

Class Time:

2 ½ hours

Activity:

Remember those picture books that you loved when you were a little kid? Well, now it’s your turn to write and illustrate one about the value of a nutritious breakfast! Check out the articles on KidsHealth to learn more about why breakfast is important and how you can make healthy food choices. Then you’re ready to plan your story. Use the “Breakfast Book” handout to help you create characters, a setting, and a plot that will not only keep the interest of young kids, but also will teach them about the importance of eating a good breakfast. You must include these two elements in your story: reasons why you should eat breakfast and healthy breakfast options.

Once you’ve mapped out your story, you’re ready to write and illustrate it! After your picture book is complete, share it with a younger class. Hold a discussion afterward to determine what students learned from your book.

Extensions:

1. Take a poll of students in your school to determine whether they eat breakfast. Analyze the data you collect. Are younger students or older students more likely to eat breakfast? Girls or guys? Make predictions as to why you got the results that you did.
2. What’s your favorite breakfast? Leftover cold pizza or whole-wheat toast with eggs over easy? Keep a weeklong log of your breakfasts and evaluate their nutritional value, using the MyPlate food guide as a reference. Are your breakfasts healthy? How could you make your choices even healthier?

Reproducible Materials

Handout: Breakfast Book

KidsHealth.org/classroom/6to8/personal/nutrition/breakfast_handout1.pdf

Quiz: Breakfast

KidsHealth.org/classroom/6to8/nutrition/breakfast_quiz.pdf

Answer Key: Breakfast

KidsHealth.org/classroom/6to8/nutrition/breakfast_quiz_answers.pdf



Name: _____

Date: _____

Breakfast Book

Instructions: Plan your picture book by describing the following elements.

Setting:

Time:

Place:



Characters:



Plot:



Health breakfast choices:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Donuts, sweetened breakfast cereals, and canned fruits in heavy syrups are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

2. Waffles, pancakes, and French toast are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

3. Skim and low-fat milk - and almost all fresh and frozen fruits and vegetables - are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

4. The MyPlate food guide breaks foods into these groups:
 - a) breakfast, lunch, snack, dinner, dessert
 - b) hot, cold, room temperature
 - c) fruits, grains, vegetables, protein, dairy
 - d) go, slow, whoa

5. Underline the incorrect answers.
The MyPlate food guide is designed to remind people:
 - a) that half of your plate should be vegetables and fruits
 - b) to wash your hands with soap and water before preparing or eating food
 - c) to drink fat-free or low-fat milk and water instead of soda, sports drinks, and other sugary drinks
 - d) to use a fork, spoon, or chopsticks, not your hands
 - e) that about one-quarter of your plate should be grains and one-quarter should be protein
 - f) to check that plates are dishwasher-safe



Quiz Answer Key

1. Donuts, sweetened breakfast cereals, and canned fruits in heavy syrups are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

2. Waffles, pancakes, and French toast are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

3. Skim and low-fat milk - and almost all fresh and frozen fruits and vegetables - are:
 - a) Go foods
 - b) Slow foods
 - c) Whoa foods

4. 4. The MyPlate food guide breaks foods into these groups:
 - a) breakfast, lunch, snack, dinner, dessert
 - b) hot, cold, room temperature
 - c) fruits, grains, vegetables, protein, dairy
 - d) go, slow, whoa

5. Underline the incorrect answers.
The MyPlate food guide is designed to remind people:
 - a) that half of your plate should be vegetables and fruits
 - b) to wash your hands with soap and water before preparing or eating food
 - c) to drink fat-free or low-fat milk and water instead of soda, sports drinks, and other sugary drinks
 - d) to use a fork, spoon, or chopsticks, not your hands
 - e) that about one-quarter of your plate should be grains and one-quarter should be protein
 - f) to check that plates are dishwasher-safe