

Importance of Breakfast Lesson

11.3.9 DE

Day 1:

Intro Activity: Divide students into small groups of 3 or 4 and give each group an article pertaining to breakfast. Students are to read this article and complete the following on their poster that will be shared orally with the group.

In your group:

- A. Read the article
- B. Make a poster that includes the following:
 - a. The title and author
 - b. 5-7 important facts from the article
 - c. 3-4 pictures to represent 3-4 of the facts listed on the poster (symbolic is okay)
- C. Present the poster—use loud, clear voices and take turns explaining the different elements of the poster.

Articles:

<http://www.webmd.com/food-recipes/most-important-meal>

<http://www.buzzle.com/articles/importance-of-breakfast-for-students.html>

<http://nutrition.about.com/od/nutrition101/a/breakfast.htm>

<http://www.webmd.com/diet/features/many-benefits-breakfast>

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/fact-or-fiction-breakfast-is-the-most-important-meal-of-the-day.html>

Day 2:

Share Posters orally and then view the following video clip that illustrates what happens when we don't eat breakfast. View:

<http://kickinkitchen.tv/episode/no-breakfast-no-bueno>

and then complete the following activities.

Review Activity: True or False Game

Pass out manila folders to students. Half of the folders will have the below T/F statements written on them and the other half will have either a True or a False written on them. Students who have statement folders must read the statements aloud and when all have read students must stand, mingle and the True/False folder people must find a statement whose answer reflects their folder. Go over answers and discuss reasons.

1. Breakfast eaters often perform better on tests than those that don't eat breakfast. True or False
2. People trying to lose weight often skip breakfast. True or False
3. Students who skip breakfast are more likely to maintain weight than breakfast eaters. True or False
4. People who eat breakfast usually have more energy than people who skip breakfast. True or False
5. People who skip breakfast often have better memory and concentration skills than those who eat breakfast. True or False
6. People who eat breakfast often have a better disposition and get along better with others than those that don't. True or False
7. Students who eat breakfast are more likely to get head aches and stomach aches in that morning than breakfast skippers. True or False
8. Candy, chips, and soda are excellent breakfast foods. True or False
9. Breakfast eaters are more likely to get their nutrients for the day than those who skip breakfast. True or False
10. Skipping breakfast is a common habit but can be changed with practice. True or False
11. Breakfast is the most important meal of the day. True or False

Activity: Complete the Breakfast Sort worksheet for a grade.

Day 3: Project: Five Days of Easy & Nutritious Breakfasts (Either alone or with a partner.)

Day 4: Prepare a healthy breakfast in the lab.



Five Days of Easy & Nutritious Breakfasts

Develop five days of easy, nutritious breakfast meals that can be made in under minutes and includes at least 3-5 food groups from MyPlate. Use the internet and Pinterest to help you find ideas. Write or type up your menu plans using the following format. Day 1: Title of Breakfast Meal

- Include time needed to prepare
- Identify all food groups used in meal
- Cite your source

Example:

Day 1: Whole wheat toast with peanut butter and banana slices

- Prep Time=5 minutes
- Toast=Grains, Bananas=Fruit, Peanut Butter=Protein
- <http://www.food.com/recipe/peanut-butter-banana-toast-95711>

Rubric:

5 Days of Meals with Prep Times within 15minutes	----/10
Sources of Meal Ideas Cited	----/5
Each meal includes 3-5 different food groups	----/15
Total Points	----/30

Breakfast Sort

Name _____

Place the following words under the correct categories.



Negative Consequences of Not Eating Breakfast

Positive Consequences of Eating Breakfast

Breakfast Food Suggestions