



IMPORTANCE OF EATING A HEALTHY BREAKFAST

CHILDREN'S MINI- STORYBOOK

Individually write and illustrate a children's mini-storybook about the importance of eating breakfast using your class notes and creativity. In this book you will write from the perspective of a healthy breakfast and...

- **Introduce yourself by food name and appearance.** You will need to include a visual. Be sure you are introducing yourself as a healthy meal. Explain to your readers why you are a healthy choice. If you are not sure ask yourself if it includes 3-5 of the food groups from MyPlate. If it does not, choose something else. Ex. Cheese & Spinach Omelet (Proteins, Dairy, Vegetables)
- Since breakfast is considered the "most important meal of the day" you will need to **creatively tell us how breakfast helps us mentally and physically. Refer to your notes for examples.**
- Many people who skip breakfast may not realize there are negative consequences or symptoms that also affect the mind and body. **Tell us about these unpleasant side effects. Refer to your notes for examples.**
- There are many "excuses" people give to explain the fact that they've **skipped this important meal. Share one excuse and provide a suggestion to remedy the problem so they can eat breakfast.** Ex. Some think because they are on a diet, they should skip breakfast to save calories. Actually they should eat breakfast to keep their metabolism up which helps to burn more calories and helps with weight loss. **Refer to your notes for examples.**

Your children's mini-storybook should be simple in text and storyline. Keep it simple and straightforward, avoiding confusing statements. The storybook is comprised of 7 pages of storyline. Then add a title page that includes your name. The title should fit your storyline and the back cover should be part of the storyline. Class time will be provided to help you gather information to write and illustrate the story. Creative illustrations are to be included on **each** page and be effective in portraying your story. (No stick figures!) Your mini-storybook should include a lot of **COLOR!** Also, no examples from this guide sheet may be used.

SCORING GUIDE:

Guidelines for maximum points	Earned Points	Objectives not achieved
Copy (5 points)		(0 points)
Story is direct and deliberate in its simplification for young readers. Excellent word choice.		Story is not clear and it is confusing. Poor word choice.
Illustrations (10 points)		(0 points)
Creative & colorful illustrations on each page that portray your story in an effective way.		Illustrations do not go with or enhance your story; there is no color or there are no illustrations
Creative Writing (10 points)		(0 points)
Book is a creative representation of story's topic, and is written from the healthy breakfast food's point of view and includes all criteria.		Lacks creativity; title does not make sense or it is missing criteria or not written from the breakfast food's point of view.
Grammar/Mechanics (5 points)		(0 points)
No mistakes throughout the book		Significant amount of errors
Overall Effort (5 points)		(0 points)
It is obvious much time and effort was involved when creating this work of art.		Lack of effort.
Book Requirements (10 points)		(0 points)
Book is comprised of 7 content pages. Also includes title page with your name. The title of the book and author's name are present.		Missing book requirements