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Breakfast



Food \$ense Nutrition Education

Slide 2

Breakfast is good for your body

It helps you...

Think



Have Energy



Breakfast is good for your body. Breakfast helps your body to think at school or at work. Breakfast also helps your body have energy to work, play, and exercise.

- What activity do you like doing that breakfast would give you energy for?
 - playing sports, going on walks, running, playing with friends, riding bikes etc.
- Reinforce that breakfast would help give them energy to do those things.

Slide 3

Skipping Breakfast Can Make You...



Hungry



Tired



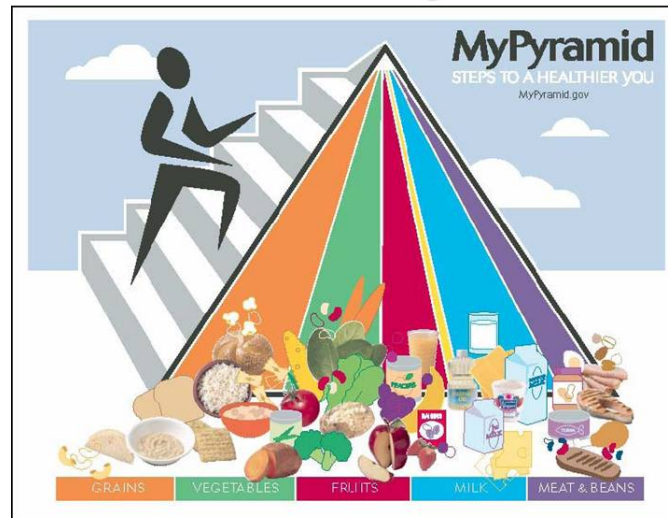
Grumpy

Try not to skip breakfast. When you skip breakfast you could be hungry, tired, and grumpy for the rest of the day.

- How do you feel when you don't eat breakfast?

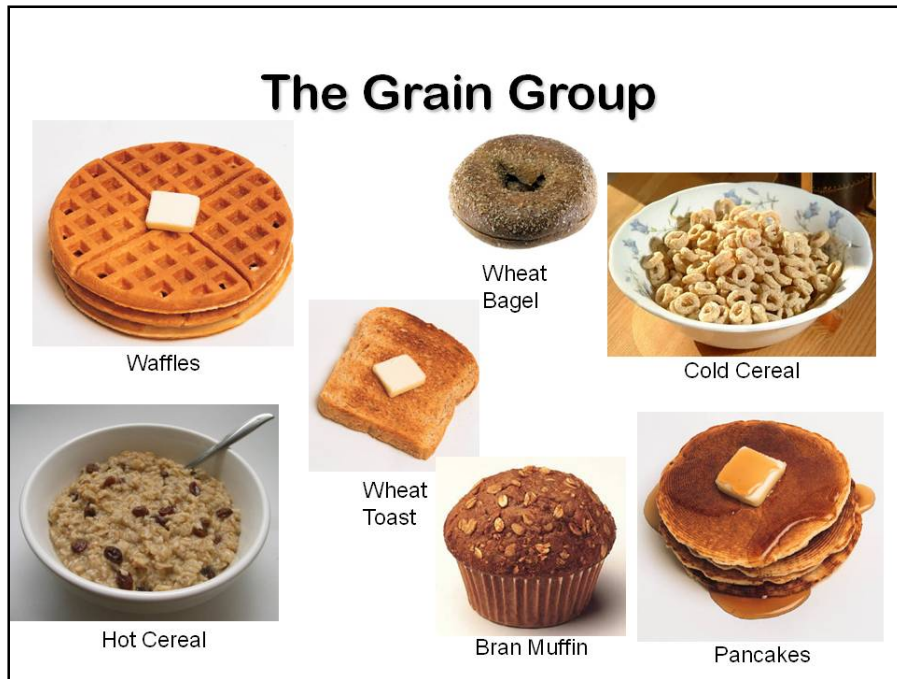
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Food Guide Pyramid



The food guide pyramid can help you know what foods are healthy to eat for breakfast. Each color on the pyramid is for a different group of food. Let's go through each food group and see if we can find food you like to eat for breakfast.

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The Grain Group gives our bodies energy. Try whole-grain breads, hot or cold cereal, pancakes, waffles, bagels, muffins or tortillas.

- Can you name some foods from the grain group that you like to eat for breakfast?
 - Examples (prompt as needed): Toast, Bagels, Cereal, Oatmeal, Waffles, Pancakes

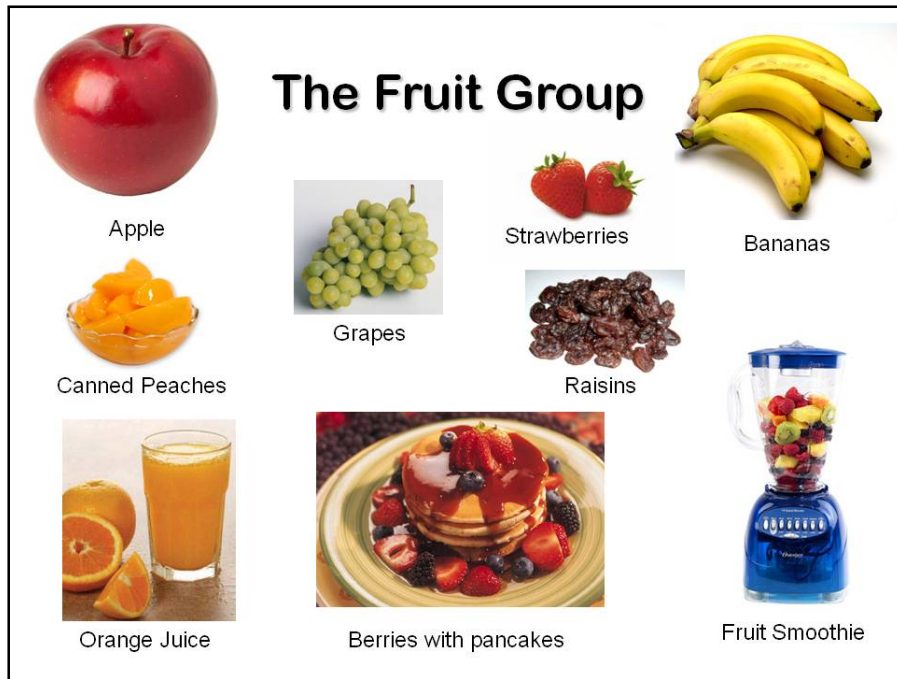
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The Vegetable Group is a good source of Vitamins. Tomato juice, diced veggies in an omelet or salsa with eggs are all good vegetables to have at breakfast.

- Are there any vegetables that you like to eat for breakfast?
 - Examples (prompt as needed): Tomato juice ; Salsa with eggs; Carrot juice; Tomatoes; Green peppers; Vegetable juice; Hash browns

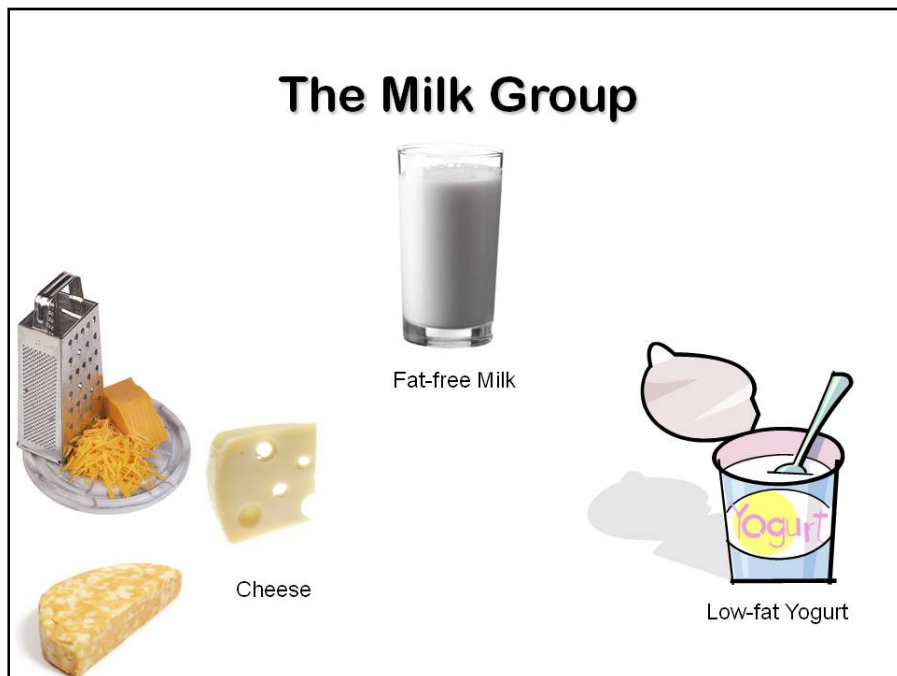
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The Fruit Group is an easy way to get Vitamins. Try fresh or canned fruit, drink 100% juice, make a fruit smoothie in the blender, or sprinkle raisins on cereal.

- What is your favorite fruit to eat for breakfast?
 - Examples (Prompt as needed): Oranges; Apples; Grapes; Berries; Juice; Smoothie; Peaches; Pears

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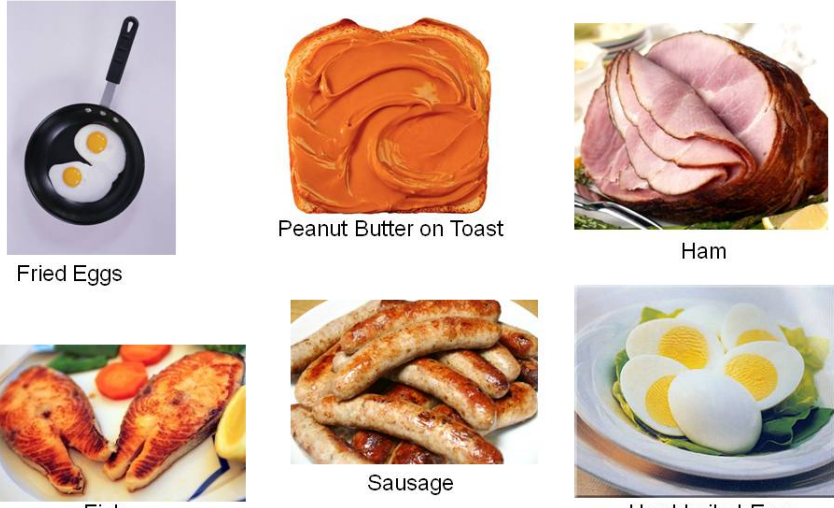


The Milk group is good for your bones. You could have yogurt, cheese with scrambled eggs, or milk with cereal.

- What foods from the milk group do you like to eat for breakfast?
 - Examples (prompt as needed): Milk; Yogurt; Cottage Cheese

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The Meat and Beans Group



Fried Eggs

Peanut Butter on Toast

Ham

Fish

Sausage

Hard-boiled Eggs

The Meat Group helps you grow strong muscles. Try eating an egg any style, spread peanut butter on toast or enjoy ham slices.

- What foods from the meat and beans group do you like to eat for breakfast?
 - Examples (prompt as needed): Ham; Peanut butter; Eggs

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Shopping List



Bananas

Cereal

Oranges

Whole Wheat Bread

Eggs

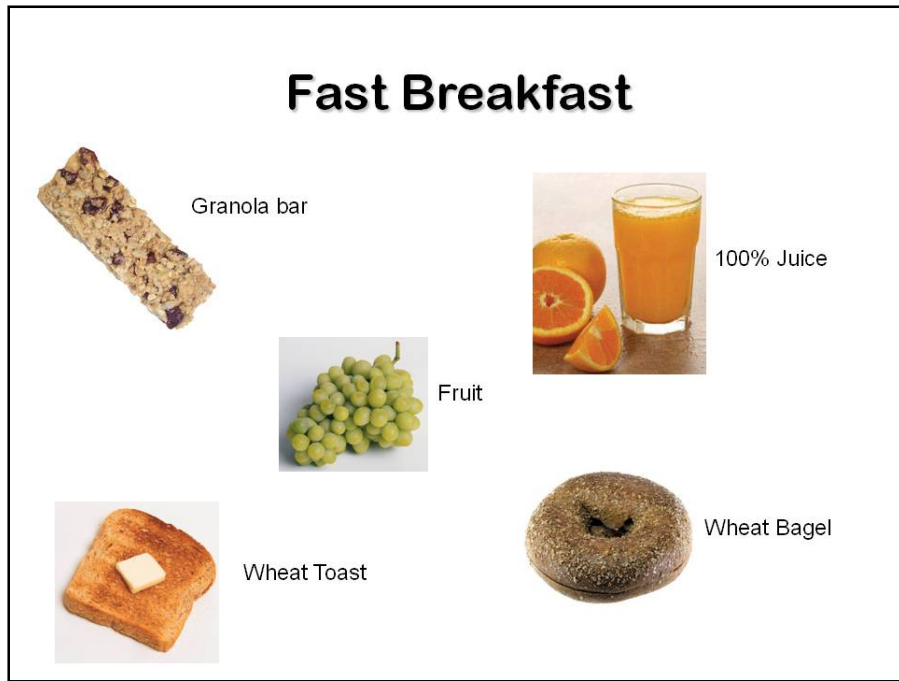
Fat-free Milk

Peanut Butter

It is important to take a shopping list with you to the store so you can have lots of breakfast foods at your house.

- Do you see any foods you would like to add to your shopping list?
- Have participant help name the pictures on the slide.
- What other foods would you want on your shopping list of breakfast foods?

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Sometimes you might need to be somewhere early in the morning, so it might be hard to find time to eat breakfast. There are some foods that are fast to eat or can even be taken with you in a backpack or purse. Granola bars, fruit, toast, juice boxes, and bagels are all easy foods that can be eaten when you are in a hurry.

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- Can you pick out the not so healthy breakfast foods? (discuss each item)
- Now pick out the healthy breakfast foods.

What Can I Do?

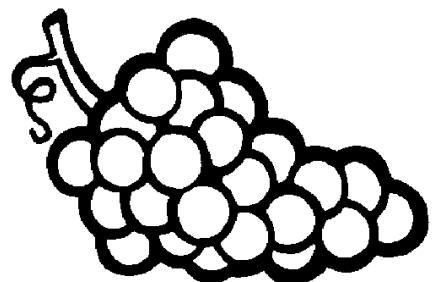
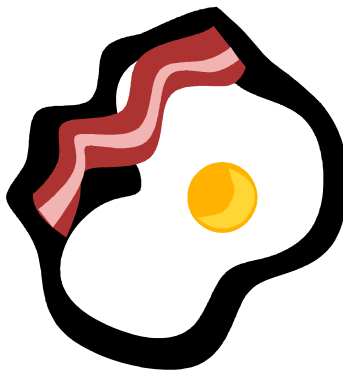
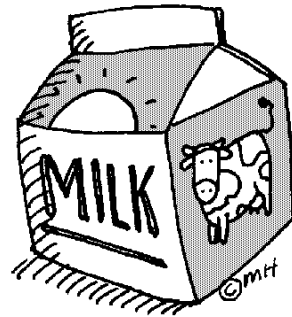
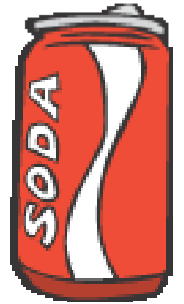


Eat breakfast every day.

- What change can you make because of what you learned today?
Eat breakfast every day.

Activity

Cut out the breakfast foods and practice choosing healthy breakfast foods to put on the plate.





Cut out the breakfast foods and practice choosing healthy breakfast foods to put on your plate.