

## Breakfast [Grades 1 & 2]

### I. Introduction:

#### A. What is the most important meal of the day? WHY?

1. Breakfast!
2. We need energy to start the day, like a car needs gas (like we need food).

Breakfast is like turning the key to start the car: the key turns the car on like breakfast turns your body on!

- a. Wakes you up
- b. Keeps you going
- c. Helps you think and learn and remember
- d. Keeps you from eating junk food before lunch

#### 2. If you don't eat breakfast, you may:

- a. feel tired and slow
- b. not learn as well
- c. feel hungry and cranky

#### B. Who eats breakfast almost every morning?

1. What do you eat for breakfast?

#### C. If your family doesn't eat breakfast, and you don't get breakfast at school, tell them that you want to have breakfast because it's the most important meal of the day!

1. If there are no breakfast-type foods around, ask for some of last night's leftovers!
2. If there is no time for breakfast, grab a piece of fruit and eat it on the way to school because something is better than nothing!

### II. Your body gets hungry when it doesn't eat, so when you are sleeping, you are not eating and your body gets very hungry and by the time morning comes, it is ready to eat!

#### A. What time do you go to bed?

1. [Count how many hours until they eat breakfast] That's a long time!

#### B. We get hungry about every four hours so that's why the first meal of the day is so important!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

III. On cereal commercials, they always say that the cereal is only part of a complete breakfast. So what makes up a COMPLETE breakfast? [Hold up/Pass out food models and have them choose]

A. [Pass out **Create a Complete Breakfast Handout**]



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