

## Breakfast [Grades 3-5]

- I. What's the most important meal of the day? WHY?
  - A. Because you haven't eaten all night long
    1. [Ask when they go to bed and count the number of hours since they last at]
  - B. Kids who skip breakfast often gain too much weight
    1. The body thinks it's starving when it doesn't eat for such a long time
    2. The body starts storing everything you eat as fat because, like a bear hibernating during winter, it doesn't know when it will get food again
  - C. Because food is like gas for a car, it keeps your body going. BREAKFAST is like turning the key that gets the car running because it gets your body started!
    1. You need breakfast to wake you up & give you energy until lunch-time
  - D. Kids who eat breakfast get better grades
    1. They can concentrate and learn better in the morning
    2. They are not starving and thinking about food all morning
- II. Now that everyone is planning on eating breakfast almost every morning,
  - A. What foods do you eat in the morning?
  - B. What happens when you do not eat breakfast?
    1. Are you starving by lunch-time?
    2. Do you snack on junk food or anything that's available?
    3. Do you have a hard time concentrating in school in the morning?
- III. Who likes cereal?
  - A. What's your favorite cereal commercial? [Ask a few people]
    1. What do they always say at the end of those commercials?
      - a. "This is *PART* of a *COMPLETE BREAKFAST*"
    2. The food pyramid has 5 main groups. A good complete meal is made when we have foods from 3 of the groups.
      - a. For breakfast, choices are usually from the meat, milk, fruit, and grain groups
      - b. [Hold up/ Pass out food models and have them select foods to make a complete breakfast]

- B. [Pass out **Choose a Complete Breakfast Handout** to do in class or for homework]
- IV. [Wrap-up] So how do you "jump-start" your body in the morning?
- A. With a complete breakfast
  - B. If you don't have time, grab a piece of fruit, toast & jam, a granola bar, etc...to go
    - 1. Every morning: try to eat something, ANYTHING, to satisfy your body for a while
  - C. If your family doesn't eat breakfast in the morning, tell them you want to start YOUR day off right and ask for something to eat.



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