

Breakfast [Grades 6-8]

- I. Introduction
 - A. What is a "fast" or "fasting"?
 - 1. Not eating and food for a period of time
 - B. When do we all fast?
 - 1. Night-time, when we're sleeping
 - C. Who can tell me what your metabolism is?
 - 1. Body's rate of burning calories, like an engine in a car
 - D. When is your metabolism slowest then?
 - 1. When it is sleeping
 - 2. We wake up and our body is sluggish because it hasn't eaten in a long time
- II. What is the most important meal of the day? WHY?
 - A. Breakfast! Because it is like turning the key in the ignition of the car; it gets your metabolism started, giving you energy to start the day
 - 1. It is called "Breakfast" because you are breaking the night-time fast
 - 2. Eating breakfast keeps us from snacking on junk food or hastily choosing "whatever's available" because we're SO hungry
 - 3. People who don't eat breakfast often end up gaining too much weight because the body thinks it being starved because it's been so many hours since it has been fed and it starts to store everything eaten as fat for later, since it assumes it won't be fed again for a long time.
 - a. Like a bear eating a lot before retreating into hibernation for the winter
- III. Who eats breakfast almost every morning?
 - A. Name some breakfast foods you like to eat
 - 1. It's good to have a complete breakfast, like they say on the cereal commercials "part of a complete breakfast"

- a. Should consist of about 3 food groups
 - a. example: fruit (orange juice), meat (peanut butter), grain (toast)
 2. [Pass out **Create a Complete Breakfast Handout** for homework or in class]
 3. Even if you can't have a complete breakfast every morning, it is always better to have something than nothing
 - a. Grab a piece of fruit on your way out the door
 - b. Take a cup of yogurt to go
 - c. Eat a granola bar
 - d. Take a bagel with cream cheese
- IV. Who here skips breakfast almost every day?
- A. Why do you skip?
 - B. Breakfast-skippers oftentimes...
 1. Do not learn as well in school
 2. Feel sluggish and sometimes fall asleep in school
 3. Snack on junk food because they are so hungry
 4. Overeat at lunchtime because they are so hungry
 5. Tend to gain too much weight
- V. [Wrap-up] So make sure to eat a complete breakfast, when possible, or at least grab something to go EVERY MORNING! Your body and mind will thank you!



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