

Florida Welcomes Stella!

Breakfast My Way!

Teacher's Guide and Activity

Learning Outcomes:

- Students will gain the knowledge that breakfast is an important part of their day
- Students will understand what types of healthy foods to eat for breakfast every day
- Student will engage their families in this valuable lesson.
- Grade levels: 2-5

Materials:

One blank MyPlate/parent handout for each student
Crayons, markers or colored pencils

Time Needed:

20 Min

Teacher Preparation:

Attached, you will find a great activity provided by the Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetics Foundation's Kids Eat Right. The Academy is the world's largest organization of registered dietitians and nutrition professionals. We have partnered with this amazing organization which brings nutrition education to you and your students in fun and useful ways.

Just as it's important for Stella to be healthy and grow into an adult whale, it's important that your students and their families are eating right as well. Proper nutrition will allow your students to be able to focus and learn more throughout their school day.

Stella's Fun Fact:

Did you know...? Right whales like Stella can eat up to 4,000 pounds of copepods (microscopic marine crustaceans) in one day. That's like eating over 2,000 hamburger patties a day!



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Teacher Outline:

Begin your classroom discussion with the following questions:

1. What is the meaning of nutrition?
2. Is nutrition important?
3. Why is nutrition important?
4. What is your favorite food?

After your class has finished answering the above questions, hand out the "plate-paper." Ask them if they know what each group is. What are some examples of each? Explain what each group represents and then ask them to write or draw the different foods for each section. MyPlate outline below is divided into 5 sections. Ask them to draw and color the foods that they would put onto their breakfast plate. Be creative and come up with at least 2 yummy foods for each section.

Allow time for students to complete the activity.

After the activity, ask students questions to determine if the learning outcomes were met. Are they ready to share this important knowledge with their families? Remind your students that nutrition is important and fun!

Nutrition Tips for Teachers:

Vegetables

- 1 cup vegetables =
- 1 cup fresh (raw or cooked), frozen, or canned
- 2 cups leafy greens, like fresh spinach or romaine lettuce

Choose fresh, frozen vegetables without added salt or fat, and canned vegetables with no salt added.

Fruit

- 1 cup fruit =
- 1 cup fresh, frozen, canned, or 100% juice
- ½ cup dried fruit

Tip: Choose fresh, frozen fruit without added sugar, and canned fruit packed in its own juice or water.

Grains

- 1 ounce grains =
- 1 piece bread
- ½ cup cooked rice or pasta
- 6" tortilla
- 1 cup dry cereal
- ½ cup cooked cereal

Tip: Make at least half your grains whole with 100% whole grain bread, brown rice, whole wheat pasta, and whole wheat tortillas.

Protein

- 1 ounce protein =
- 1 ounce cooked beef, poultry, pork, or fish
- 1 egg
- 1 Tablespoon peanut butter
- ½ ounce nuts
- ¼ cup cooked beans

Tip: Go lean with lean protein like skinless chicken breast, 95% lean ground beef or turkey, fish, or beans.

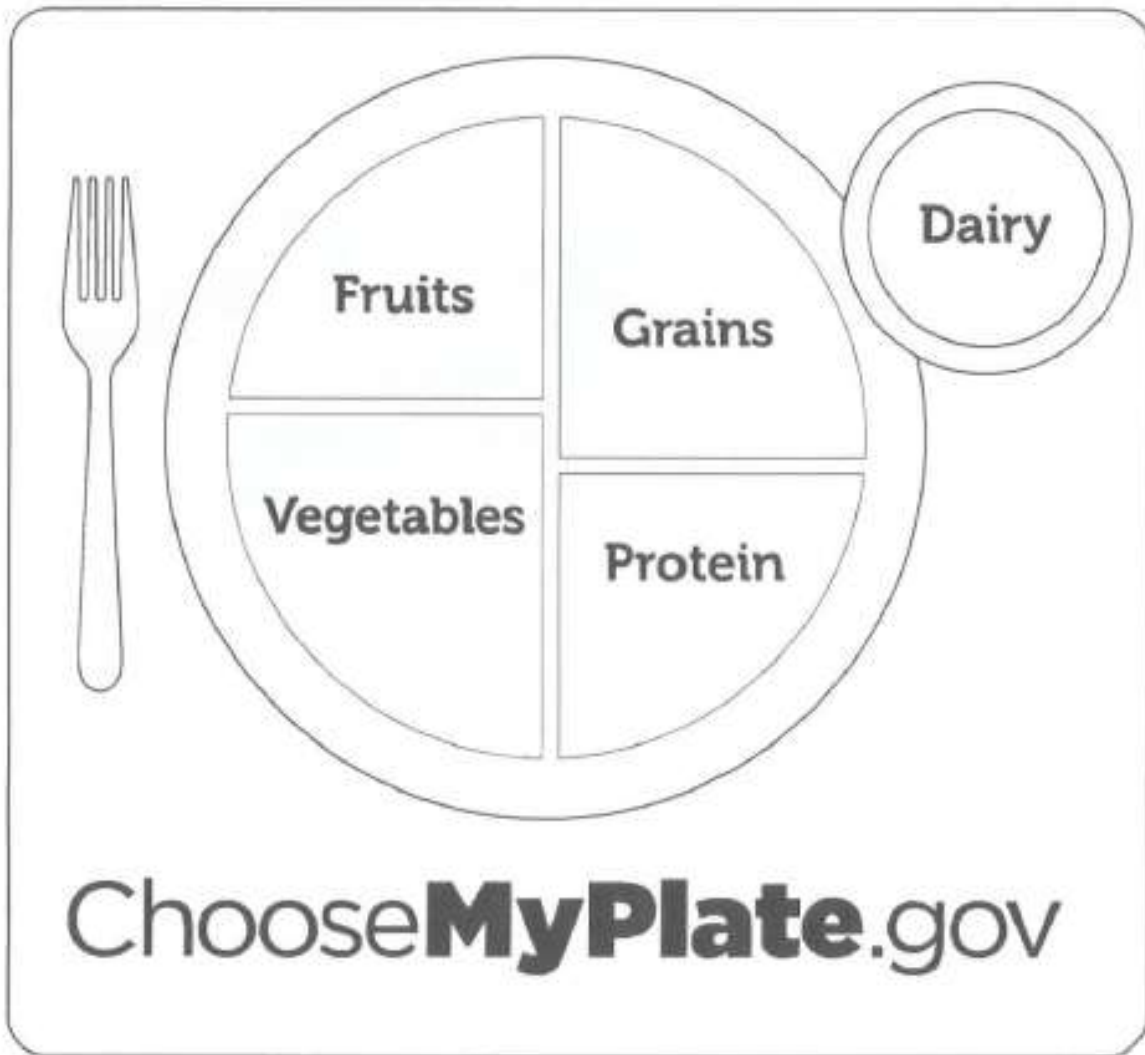
Dairy

- 1 cup dairy =
- 1 cup (8 ounces) milk
- 1 cup (8 ounces) soy milk
- 1 cup (8 ounces) yogurt
- 1 ½ ounces cheese
- 1/3 cup shredded cheese
- 2 slices cheese

Tip: Choose low-fat dairy foods like low-fat or non-fat milk and low-fat or non-fat yogurt.

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From: MyPlate.gov



USDA Center for Nutrition
Policy and Promotion

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Hey Parents!

Did you know...?

- Breakfast is the meal most often skipped by children.
- Many children have access to a healthy breakfast at school and do not take advantage of it. Many children may be eligible for free or reduced-price breakfasts.
www.applyforlunch.com
- The School Breakfast Program provides children with needed energy and nutrients (e.g. protein, calcium, vitamin A, vitamin C) to start their day out right.

Children need to eat breakfast every day.

- Eating a healthy breakfast every day improves learning and behavior in school.
- Breakfast provides key nutrients for children to grow and develop.
- Children who eat breakfast are less likely to be overweight.
- P.S. YOU need to eat breakfast, too!

Breakfast ideas -- Put it all out on the table!

- Fruit and yogurt parfaits: combine low-fat yogurt, fruit of choice and whole grain cereal for a hearty meal to start the day.
- Cereal and milk: whole grain cereal and low-fat milk is a quick and easy way to give you and your kids fuel in the morning.
- Breakfast burritos: wrap up scrambled eggs with cheese, beans and salsa in a tortilla shell or try a peanut butter and banana burrito.
- Oatmeal with toppings: cook some oatmeal and allow your child to add toppings like fruit, dried fruit, or nuts
- Waffles: buy prepared whole-grain waffles and top them with fruit or nut butter spreads or eat them plain on the go.
- Leftovers for breakfast: if your child is not a traditional breakfast eater, let him eat leftovers from the night before like pasta, pizza or rice and beans.
- Keep energy drinks out of the classroom and your homes. Energy drinks can be harmful to children.

Get great ideas through tips, articles and recipes from www.KidsEatRight.org!