



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Breakfast means exactly what it says - "to break the fast" - and this meal plays a vital role in our physical and mental well-being. The following discussion questions and activities will help your students recognize the importance of the first meal of the day and identify what foods make up a great breakfast.

Related KidsHealth Links

Articles for Kids:

Ready, Set, Breakfast!

KidsHealth.org/kid/nutrition/food/breakfast.html

Go, Slow, and Whoa! A Kid's Guide to Eating Right

KidsHealth.org/kid/stay_healthy/food/go_slow_whoa.html

The Food Guide Pyramid

KidsHealth.org/kid/nutrition/food/pyramid.html

Figuring Out Food Labels

KidsHealth.org/kid/nutrition/food/labels.html

What Kids Say About: What They Eat

KidsHealth.org/kid/talk/kidssay/poll_healthy_eating.html

Minerals

KidsHealth.org/kid/nutrition/food/minerals.html

Vitamins

KidsHealth.org/kid/nutrition/food/vitamin.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Why is eating breakfast so important? Do you eat breakfast? Why or why not? Do you feel or see a difference in yourself when you do or do not eat breakfast?
2. What's the difference between breakfast, lunch, and dinner? Why is each important? Discuss your daily routine on a typical school day. When do you eat your meals? How are your activities affected by what and when you eat?
3. Whole-grain cereal, blueberries, and skim or low-fat milk make up a healthy breakfast. But what if you don't have any blueberries? What if you eat cookies instead? Is any breakfast better than no breakfast? How can you handle breakfast when healthy choices aren't available?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

There's No Business Like the Cereal Business!

Objectives:

Students will:

- Compare and contrast food packaging of common breakfast cereals
- Analyze media messages and the effects of advertising on their daily lives

Materials:

- One empty cereal box per student
- Construction paper
- Tape or glue
- Art supplies (paints, markers, crayons)

Class Time:

1 hour

Activity:

How often do you have cereal for breakfast? What kinds are your favorites? What do those cereal boxes look like? Take a closer look at cereal boxes you see every day. What pictures, colors, or information do you see on the packages? What do you see or hear about a cereal that makes you want to eat it for breakfast? Cereal companies use all kinds of pictures, famous people, and even toys to get people to buy their cereal.

Pretend that you're in charge of designing a new cereal for kids, one that is not only filled with lots of vitamins and minerals but one that also tastes great and looks fun to eat. First, think about what you should name your new cereal and it should look like. For example, cereal with a name like Creepy Crawling Critters could be shaped like insects and have dried fruit "worms" in it. Cereal with an extreme sport theme could have whole-grain skateboard shapes with raisin helmets. Next, put your new cereal ideas on an actual cereal box. Glue or tape construction paper around an empty cereal box and let your imagination take over. Decorate your cereal box with its name and an image of what a typical spoonful of the cereal looks like. What colors, pictures, games, or information can you add to the package to attract kids and parents to buy your cereal? Be sure to show why your cereal is fun and tasty as well as why it's a healthy choice for breakfast.

Extensions:

1. Take a field trip to your local store. Examine the front covers of cereal packages. Write down and keep track of what kinds of pictures, games, toys, or even candy that many cereal companies include in their packaging to make kids want to buy it. Share your findings with your class.
2. Cereal commercials often use a short song called a jingle to advertise or sell their brand. Create a breakfast jingle to sell your new cereal. Think about the kind of music, sound effects, and words you could use that would make kids want to buy your brand.



Great Beginnings Restaurant

Objectives:

Students will:

- Identify foods typically eaten for breakfast
- Plan healthy choices for breakfast

Materials:

- Old magazines and newspapers
- Great Beginnings handout (available at: KidsHealth.org/classroom/3to5/personal/nutrition/breakfast_handout1.pdf)
- Tape or glue
- Art supplies (paints, markers, crayons)

Class Time:

30 minutes

Activity:

The chef at a new restaurant, Great Beginnings, is planning the morning menu. She needs some help to put together healthy choices for breakfast. Think and talk about what you usually eat or see others eat for breakfast. Healthy breakfasts often include some of the following: fruit, milk, cheese, whole-grain cereal or bread, meat, and nuts. Design a breakfast for Great Beginnings. Cut out pictures of healthy breakfast choices found in old magazines and newspapers, and tape or glue them to the Great Beginnings handout. Use your art supplies to add your own combinations of foods and drinks. Think about creating a breakfast food never seen before, like peanut butter omelets or broccoli-stuffed pancakes. Be sure to include a variety of foods. Add a title to your breakfast and get ready for opening day at Great Beginnings!

Extensions:

1. Whether it's rice with vegetables, beans on toast, or bread dipped in hummus, it all adds up to typical breakfast foods people enjoy around the world. Using reference materials from your library, look for foods commonly eaten in different countries. Share your findings with your class.
2. Share breakfast foods with your class. Bring in a food that you usually eat, and sample foods brought in by your friends.

Reproducible Materials

Handout: Great Beginnings

KidsHealth.org/classroom/3to5/personal/nutrition/breakfast_handout1.pdf



Name:

Date:

Great Beginnings

Instructions: Paste or draw pictures of foods and drinks that can be part of a healthy breakfast. Next to each item, explain why it's a healthy choice.

