

Start Your Day Right

Discussion

1. Ask participants to raise their hands if they ate breakfast this morning.

- 13% of school-aged kids skip breakfast.
- 27% of adolescents aged 12 to 19 skip breakfast.

2. Discuss some reasons why people may skip breakfast.

Some reasons include:

- lack of time,
- don't like traditional breakfast foods,
- feel sick in the morning, and
- desire to lose weight.

3. Discuss the rationale behind eating breakfast.

- Breakfast literally means “break the fast.” The purpose of breakfast is to break your overnight fast and replenish nutrients you need to start a new day.
- If you skip breakfast, you could be going 12 or more hours without eating.
- Your body is like a car; it needs to be refueled.

4. What are the benefits of eating breakfast?

- Helps you perform at a higher level in school and in sports.
- Improves your physical and mental performance.
- Increases your ability to concentrate (increases attention span).
- Decreases irritability.
- Helps you maintain and achieve a healthy body size.
- Helps you meet daily nutritional needs.
- Helps lower blood cholesterol levels.
- Decreases absenteeism.

5. Discuss how you feel when you skip breakfast. What are the consequences?

- Possible answers: get headaches, feel sleepy, are less focused, feel irritable, grab sugared snacks/beverages to stop the hunger, overeat later in the day.

Learner Objectives

Participants will be able to:

- identify the benefits associated with eating breakfast;
- describe sensations associated with skipping breakfast;
- compare sugar content of select nutrition labels; and
- identify one goal or action (individually or as a group) related to eating breakfast.

Materials

- Paper plates
- Colored pencils/markers/crayons
- White paper



Breakfast Pitfalls and Solutions

Think about whether these breakfast pitfalls apply to you:

Breakfast is a missing link in my day.

I need some wake-me-up, tasty food choices added to my breakfast menu.

“I’m late!” is the phrase that comes to mind when I try to decide whether or not to eat breakfast.

If you’re tired of the same breakfast, mix it up. Try the following ideas, or create your own.

- Egg burrito (scrambled egg in tortilla wrap, with leftover cooked rice, potatoes, black beans, or veggie of your choice — onions and peppers are great!)
- Leftover veggie pizza or spaghetti
- Tortilla with low-fat cheese
- Fruit smoothies



Running Late?

Try these healthy tricks to get a good start on your day:

- Low-fat string cheese and whole-wheat crackers.
- Whole-grain cereal bar and skim milk.
- Dried fruit bits mixed in with dry cereal and eaten like a snack food, washed down with a glass of skim milk.
- Toast with peanut butter and bananas.
- Granola with dried or fresh fruit bits and yogurt.
- Make a large batch of pancakes or waffles and put them in the freezer. Re-heat for a fast and easy breakfast.

Rate Your Breakfast the 5-Star Way

Have youth write down everything they ate and drank for breakfast (if youth didn't eat breakfast, have them write down what they usually eat or what they like to eat for breakfast.) **The goal is to earn at least five stars.**

Give yourself one star for each choice from a different food group (no stars for fats and sweets category).

- **Grain group**
 - Examples: whole-wheat toast, whole-grain waffle.
- **Milk group**
 - Examples: skim milk, low-fat milk, yogurt, cheese.
- **Fruit group**
 - Examples: grape, apple, melon.
- **Meat group**
 - Examples: bacon, sausage, egg.
- **Vegetable group**
 - Examples: spinach, tomato, cucumber.
- **Give yourself another star if your grain was a whole grain. Also, just eating breakfast earns you another star.**

Drawing a Breakfast

Pass out paper plates.

Have youth draw a 5-star breakfast.

Include as many food groups as possible (grain, meat, milk, vegetable, fruit). Assume your grain products are sources of whole grain.

Get creative. Draw a meal with traditional breakfast foods and one with foods that are not usually eaten for breakfast (such as pizza).

Examples of a 5-Star Breakfast

- Eggs, bacon, whole grain toast, orange juice
- 3 food groups (meat, grain, fruit)
- Whole grain toast

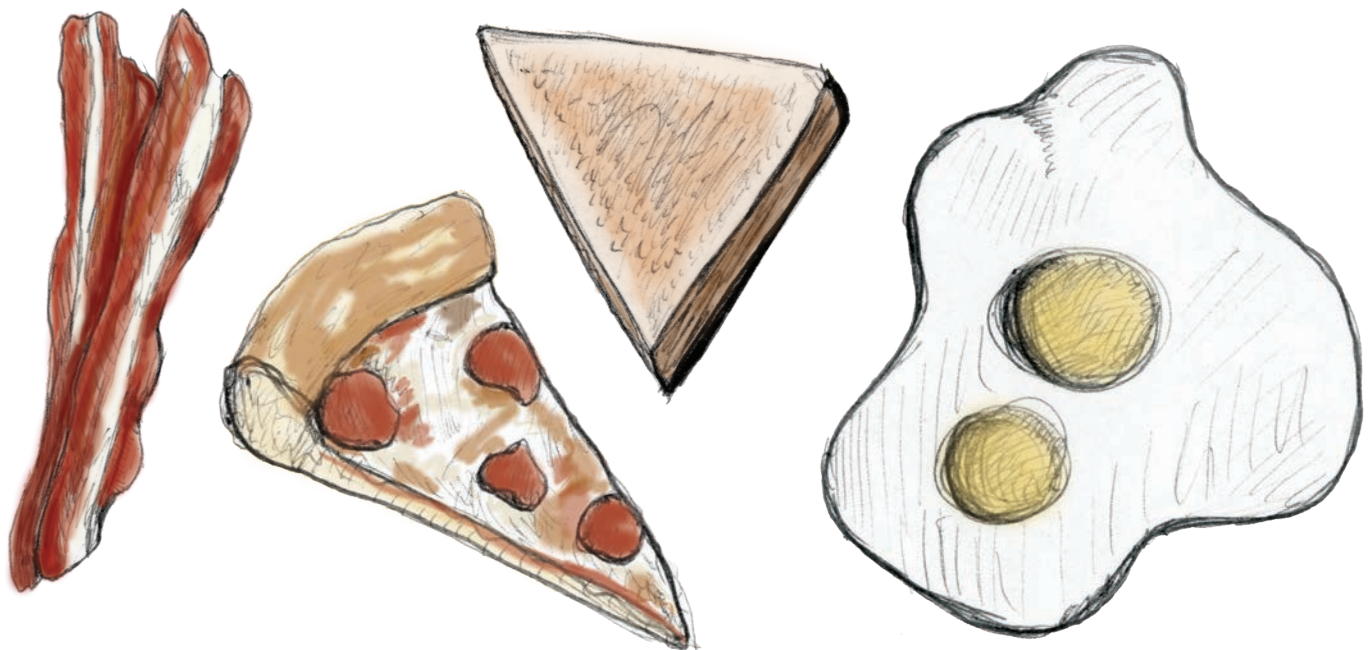
- Whole grain waffles, sausage links, yogurt, sliced fruit

- 4 food groups (grain, milk, meat, fruit)

- Whole-grain waffles

It is important to eat something for breakfast, even if it's not a five-star breakfast:

- glass of milk
 - yogurt
 - granola bar
- Eating something is better than nothing.



Resource Sheet

When it comes to breakfast, it is easy to get in a rut. Move beyond cold cereal and milk every morning with these tasty tips:

Fruit smoothies

- Blend low-fat milk or yogurt with fresh or frozen fruit. Try strawberries, bananas, peaches, and other fruits. Be creative and try different combinations.

Breakfast sandwiches

Be creative! Combine different foods to make your own breakfast sandwiches. Here are some ingredients to get you thinking:

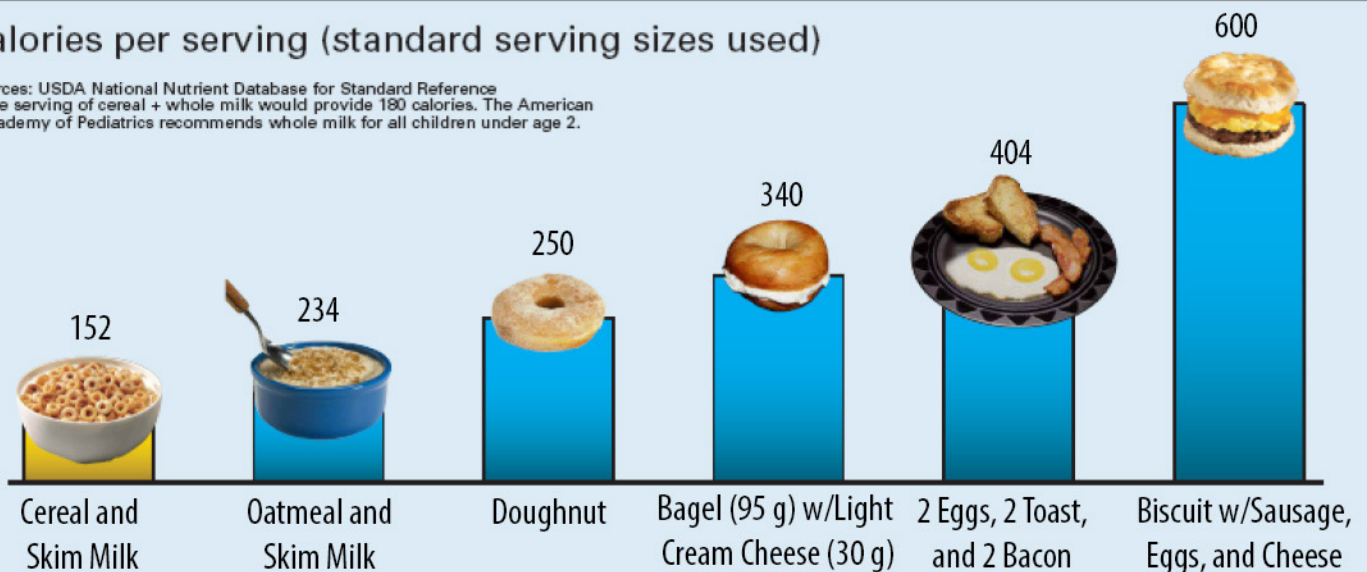
- Breads and wraps: tortillas, whole-wheat bread, frozen waffles, English muffins, bagels
- Tasty fillings: apple slices, peaches, strawberries, chopped tomatoes, peanut butter, eggs, ham, cheese

Common Breakfast Foods for Children	Common Breakfast Food for Adults
Milk	Milk
Ready-to-eat cereal	Coffee and coffee drinks
White bread	Bread
Juice	Ready-to-eat-cereal
Eggs	Juice
Meat	Fruit
Fruit	Eggs
Breakfast pastries, donuts, granola bars	Cooked cereal
Cooked cereal	Meat
Pancakes	Breakfast pastries, donuts, granola bars

Calorie Comparison of Common Breakfast Choices

Calories per serving (standard serving sizes used)

Sources: USDA National Nutrient Database for Standard Reference
 * One serving of cereal + whole milk would provide 180 calories. The American Academy of Pediatrics recommends whole milk for all children under age 2.



Cereal Facts

- Most cereals — including presweetened — contain about 100 to 130 calories per serving and provide at least 10 key nutrients.
- Cereals — including presweetened — provide less than 5 percent of a child’s calorie intake.
- Kids who frequently eat cereal consume less fat and have a higher intake of several important nutrients.

For kids:

Breakfast contributes
 < 20 percent of daily calories
 > 30 percent of calcium,
 iron, B vitamins

Kellogg’s Froot Loops

Nutrition Facts

Servings Per Container About 14

Serving Size 1½ Cup (39 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	150		210	
	% Daily Value*		% Daily Value*	
Total Fat	1.5 g	2%	1.5 g	2%
Saturated Fat	0.5 g	3%	1 g	5%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0 g		0 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	210 mg	9%	280 mg	12%
Total Carbohydrate	34 g	12%	43 g	16%
Dietary Fiber	2 g	8%	2 g	8%
Total Sugars	12 g		22 g	
Includes 12g Added Sugars	12 g	24%	12 g	24%
Protein	2 g		8 g	
Vitamin D	2 mcg	10%	4.2 mcg	20%
Calcium	0 mg	0%	220 mg	15%
Iron	4.5 mg	25%	4.5 mg	25%
Potassium	60 mg	0%	340 mg	6%
Vitamin C		25%		25%
Thiamin		20%		25%
Riboflavin		20%		45%
Niacin		20%		25%
Vitamin B6		20%		20%
Folate (45 mcg Folic Acid)	80 mcg	20%	85 mcg	20%
Vitamin B12		20%		50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kellogg’s Rice Krispies

Nutrition Facts

Servings Per Container About 12

Serving Size 1½ Cup (40 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	150		220	
	% Daily Value*		% Daily Value*	
Total Fat	0 g	2%	0 g	0%
Saturated Fat	0g	3%	1 g	0%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0 g		0 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	200 mg	9%	280 mg	12%
Total Carbohydrate	36 g	13%	45 g	16%
Dietary Fiber	0 g	0%	0 g	0%
Total Sugars	4 g		14 g	
Includes 4g Added Sugars	4 g	8%	4 g	8%
Protein	3 g		9 g	
Vitamin D	3 mcg	15%	5.2 mcg	25%
Calcium	0 mg	0%	220 mg	15%
Iron	11.2 mg	60%	11.2 mg	60%
Potassium	30 mg	0%	320 mg	6%
Vitamin C		30%		35%
Thiamin		30%		50%
Riboflavin		20%		45%
Niacin		30%		35%
Vitamin B6		30%		30%
Folate (45 mcg Folic Acid)	200 mcg	50%	205 mcg	50%
Vitamin B12		30%		60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kellogg’s Frosted Flakes

Nutrition Facts

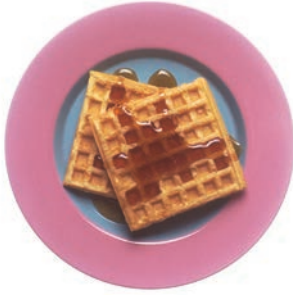
Servings Per Container About 10

Serving Size 1 Cup (37 g)

Amount Per Serving	Cereal		with 3/4 cup skim milk	
Calories	130		200	
	% Daily Value*		% Daily Value*	
Total Fat	0 g	0%	0 g	0%
Saturated Fat	0 g	0%	0 g	0%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	0 g		0 g	
Monounsaturated Fat	0 g		0 g	
Cholesterol	0 mg	0%	<5 mg	1%
Sodium	190 mg	8%	270 mg	12%
Total Carbohydrate	33 g	12%	42 g	15%
Dietary Fiber	1 g	4%	1 g	4%
Total Sugars	12 g		22 g	
Includes 12g Added Sugars	12 g	24%	12 g	24%
Protein	2 g		8 g	
Vitamin D	2 mcg	10%	4.2 mcg	20%
Calcium	0 mg	0%	220 mg	15%
Iron	7.2 mg	40%	7.2 mg	40%
Potassium	30 mg	0%	320 mg	6%
Vitamin C		20%		25%
Thiamin		20%		45%
Riboflavin		20%		45%
Niacin		20%		25%
Vitamin B6		20%		20%
Folate (45 mcg Folic Acid)	120 mcg	30%	125 mcg	30%
Vitamin B12		20%		50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

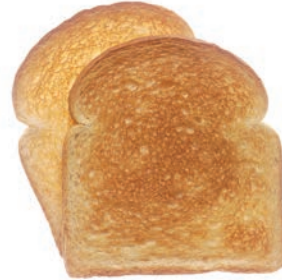
Worksheet



1 What is one thing you could do tomorrow to help you reach your goal for eating breakfast?

2

To change some of my breakfast choices, I'm going to add foods such as:



3

If your breakfast should be 20 percent of your total daily calories and you consume 2,200 calories in a day, how many calories should come from your breakfast?



4

What are some benefits of eating breakfast?



5

What would be an example of a breakfast sandwich combination you would like to try?

Compare the nutrition facts labels on page 5 and answer the following questions:

6a

Look at the sugar content for the three cereals. List them in order from most amount of sugar to least amount of sugar.



6c

How much more sodium do Rice Krispies contain than Froot Loops or Frosted Flakes?

6b

Which cereal has the fewest calories?

6d

If 1 gram of sugar equals 4 calories, how many calories come from sugar in Froot Loops?

6e

What are the serving sizes for each of the three products?

6f

What is the total protein content in Rice Krispies after adding $\frac{1}{2}$ cup of skim milk?



6g

What is the percentage of calcium in Frosted Flakes before and after adding $\frac{1}{2}$ cup of skim milk?



6h

Adding $\frac{1}{2}$ cup of fat-free milk adds how many calories to dry cereal?



Kansas School Wellness Policy Model Guideline — Nutrition Education

Requirements achieved in this lesson:	Implementing	Transitioning	Modeling
	All students in grades K-12 will have the opportunity to participate in culturally relevant activities, as appropriate, and a variety of learning experiences that support development of healthful eating habits that are based on the most recent Dietary Guidelines for Americans and evidence-based information.	District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and on teaching nutrition.	The wellness committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.
Topics	Balanced and unbalanced meals in the student’s own eating pattern. Evaluating health claims on food labels.		

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Answer Key

- | | |
|---|---|
| <p>1. Answers vary.</p> <p>2. Fruits and Vegetables</p> <p>3. $2200 \times .20 = 440$</p> <p>4. Replenish nutrients in body, perform at a higher level at school, increase mental and physical performance, etc.</p> <p>5. Whole-wheat bread with chopped tomatoes, eggs, ham, and cheese.</p> <p>6a. Froot Loops, Frosted Flakes, Rice Krispies</p> | <p>6b. Frosted Flakes</p> <p>6c. $320 - 140 = 180$ mg</p> <p>6d. $4 \times 13 = 52$ calories</p> <p>6e. Froot Loops: 1 cup, Rice Krispies: 1¼ cup, Frosted Flakes: ¾ cup</p> <p>6f. $2 + 4 = 6$ grams</p> <p>6g. Before: 0%, After: 15%</p> <p>6h. 40 calories</p> |
|---|---|

Revised by Priscilla Brenes, MPH, Ph.D., Extension Assistant Professor/State Extension Specialist, Department of Food, Nutrition, Dietetics, and Health, Kansas State University

Malak Alsaati, Graduate Research Assistant in Food, Nutrition, Dietetics, and Health, Kansas State University

The authors gratefully acknowledge the work of the original author, Tandalayo Kidd, Ph.D., and her team.

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