Start Your Day Right

Discussion
1. Ask participants to raise their hands if they ate breakfast this morning.
   • Forty percent of kids don’t eat 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.
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

<table>
<thead>
<tr>
<th>Top 10 Breakfast Foods for Children</th>
<th>Top 10 Breakfast Food for Adults</th>
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<tbody>
<tr>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Ready-to-eat cereal</td>
<td>Coffee and coffee drinks</td>
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<tr>
<td>White bread</td>
<td>Bread</td>
</tr>
<tr>
<td>Juice</td>
<td>Ready-to-eat-cereal</td>
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<tr>
<td>Eggs</td>
<td>Juice</td>
</tr>
<tr>
<td>Meat</td>
<td>Fruit</td>
</tr>
<tr>
<td>Fruit</td>
<td>Eggs</td>
</tr>
<tr>
<td>Breakfast pastries, donuts, granola bars</td>
<td>Cooked cereal</td>
</tr>
<tr>
<td>Cooked cereal</td>
<td>Meat</td>
</tr>
<tr>
<td>Pancakes</td>
<td>Breakfast pastries, donuts, granola bars</td>
</tr>
</tbody>
</table>

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**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 provides 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

### Cereal Facts

#### Kellogg’s Froot Loops

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Cup (30g/1.1 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Per Container</td>
<td>About 10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Cereal</th>
<th>Vitamins A &amp; D Fat Free Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120 160</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>20 25</td>
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<tr>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Potassium</td>
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</tr>
<tr>
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<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>% Daily Value**</td>
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#### Kellogg’s Rice Krispies

**Nutrition Facts**

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<th>1/4 Cup (30g/1.1 oz)</th>
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#### Kellogg’s Frosted Flakes

**Nutrition Facts**

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</tr>
<tr>
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<td>0%</td>
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</tr>
</tbody>
</table>

### Ingredients:

**Kellogg’s Froot Loops**
- Sugar
- Corn Flour
- Wheat Flour
- Oat Flour
- Partially Hydrogenated Vegetable Oil (One or More of: Coconut, Cottonseed, and Soybean)
- Salt
- Sodium Ascorbate and Ascorbic Acid (Vitamin C)
- Niacinamide
- Reduced Iron
- Natural and Artificial Flavors
- Salt
- Artificial Sweeteners
- Artificial Colors
- Artificial Flavors
- Vitamin A Palmitate
- BHT
- BHA

**Kellogg’s Rice Krispies**
- Sugar
- Corn Flour
- Wheat Flour
- Oat Flour
- Partially Hydrogenated Vegetable Oil (One or More of: Coconut, Cottonseed, and Soybean)
- Salt
- Sodium Ascorbate and Ascorbic Acid (Vitamin C)
- Niacinamide
- Reduced Iron
- Natural and Artificial Flavors
- Salt
- Artificial Sweeteners
- Artificial Colors
- Artificial Flavors
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- BHT
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- Vitamin A Palmitate
- BHT
- BHA

### Nutritional Information:

- Contains wheat ingredients. Corn used in this product contains traces of soybeans.
- Exchange: 2 Carbohydrates
- The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

**Kellogg’s Froot Loops**
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**Kellogg’s Frosted Flakes**
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- The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.
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.

_____________________________________________
_____________________________________________
_____________________________________________

6b. Which cereal has the fewest calories?
____________________________________________

6c. How much more sodium do Rice Krispies contain than Froot Loops or Frosted Flakes?
_____________________________________________
_____________________________________________

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 ½ cup of skim milk?
_____________________________________________

6g. What is the percentage of calcium in Frosted Flakes before and after adding ½ cup of skim milk?
_____________________________________________
_____________________________________________

6h. Adding ½ cup of fat-free milk adds how many calories to dry cereal?
_____________________________________________
Balanced and unbalanced meals in the student’s own eating pattern
Evaluating health claims on food labels

References
Eat Breakfast: http://www.knackonline.org/choices/breakfast/index.php
Eat Right Nutrition Tips: http://www.eatright.org/nutritiontipsheets/#.UD_UVv7_SpU
Kids and Breakfast: http://www.keepkidshealthy.com/nutrition/breakfast.html
Ready, Set, Breakfast: http://www.kidshealth.org/kid/stay_healthy/food/breakfast.html
Go With the Whole Grain for Kids: http://www.bellinstitute.com/wholegrainkids
Kellogg’s: http://www2.kelloggs.com/
Empowering Youth with Nutrition and Physical Activity, 2007, USDA Team Nutrition; teamnutrition.usda.gov/resources/empoweringyouth.html

Answer Key
1. Answers vary.
2. Fruits and Vegetables
   3. $2200 \times 0.20 = 440$
   4. Replenish nutrients in body, perform at a higher level at school, increase mental and physical performance, etc.
   5. Whole–wheat bread with chopped tomatoes, eggs, ham, and cheese.
   6a. Froot Loops, Frosted Flakes, Rice Krispies
   6b. Frosted Flakes
   6c. $320 - 140 = 180$ mg
   6d. $4 \times 13 = 52$ calories
   6e. Froot Loops: 1 cup, Rice Krispies: 1/4 cup, Frosted Flakes: 3/4 cup
   6f. $2 + 4 = 6$ grams
   6g. Before: 0%, After: 15%
   6h. 40 calories

The author gratefully acknowledges the contributions of Catherine Metzgar (senior in dietetics, graduated May 2010); Kyleen Krehbiel (senior in dietetics, graduated May 2011); reviewed by Lisa Friesen, R.D., Virginia Barnard, MPH; additional review and editing by Erika Bono, MPH, R.D., and Yijing Li, M.S.

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Kansas School Wellness Policy Model Guideline — Nutrition Education
Classroom: Middle–High School

<table>
<thead>
<tr>
<th>Requirements achieved in this lesson:</th>
<th>Basic</th>
<th>Advanced</th>
<th>Exemplary</th>
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<td>Basic, Advanced, and Exemplary</td>
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<tr>
<td>At least 25 percent of nutrition</td>
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<tr>
<td>education involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.</td>
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<tr>
<td>At least 50 percent of nutrition</td>
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<td>relevant, participatory activities.</td>
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</table>

Topics
- Balanced and unbalanced meals in the student’s own eating pattern
- Evaluating health claims on food labels