

Breakfast: Teacher's Guide

Objectives: To provide information on how to prepare easy, tasty and healthful breakfasts.

Sample ANCHOR questions for participants:

- *"What kinds of foods do you eat for breakfast?"*
- *"Why do you think it is important for adults and children to have breakfast everyday?"*
- *"What do you find difficult about preparing a nutritious breakfast for your self or your family?"*
- *"What are your children's excuses for not eating breakfast or wanting a healthful breakfast?"*

If during your discussion involving your ANCHOR questions your participants did not suggest topics they would like to learn about today you may want to ask:

"What kind of information about breakfast foods would be useful to you or your family?"

Background Information - Choose the appropriate information below to **ADD** to your lesson.

Fuel Up With Breakfast

- Parents and caregivers serve as a role model for their children and it is important for them to eat nutritious foods for breakfast.
- Try to sit down to eat breakfast with your children.
- Have your children plan and shop for your breakfast foods.
- For older children and teens who eat on the run make sure you have handy, nutritious breakfast foods available for them. Talk to them the night before about foods they can grab in the morning for a quick breakfast meal.

The word *breakfast* means to break the overnight fast. By the time you get up in the morning, it has probably been 8-12 hours since you last ate – longer than the time between any other meals.

Breakfast is an important meal of the day that should not be skipped.

- It fuels up your body to get you going in the morning and keeps you going all day. Eating breakfast helps you stay alert and get along with others.
- It even increases your energy level for playing and learning.
- It provides you and your family the opportunity to add healthful foods to your diets instead of junk foods.

Tips for getting the most out of your breakfast.

- If you don't like *traditional* breakfast foods, don't worry. Just eat any nutritious foods you like for breakfast. There's no rule that says breakfast has to be eggs or cereal — just make sure it's healthy. See handout: "**No Time For Breakfast?**"
- When choosing breakfast foods, include at least three of the five food groups. For example, add bananas to your cereal with milk. Or try leftover pizza, orange juice and milk.
- Avoid breakfast foods that are high in sugar or fat, like sugar coated cereals, doughnuts, pastries and fried foods.
- Choose foods with less sugar and fat. Choose whole grain cereals, breads, bagels, muffins, and pancakes.
- Serve fresh or canned fruits (100% juice without added sugar).
- Serve low fat and skim milk (Children younger than 2 years of age need to drink whole milk).
- Hunger soon after eating breakfast means your breakfast is not providing "staying power". A breakfast that contains a good source of protein (lean luncheon meats, low fat breakfast sausages, eggs, cheese, milk, cottage cheese, etc.) and is low in sugar will help you feel less hungry during the mid-morning hours.

Sample " Staying Power " Breakfast	
3 oz. lean turkey or ham luncheon meat	1/2 apple
1 slice of cheese	1 glass milk
1 slice whole-grain bread	
1. Make a sandwich with luncheon meat, cheese and bread.	
2. Serve sandwich with apple and milk.	

Activities (APPLY):

1. Have participants get into groups and plan breakfast for the work/school week.
Handout: "**Jump Start Your Day With Breakfast**"
2. Have participants prepare some simple breakfast foods. See recipe "**Crunch Berry Yogurt**" in handout "Jump Start Your Mornings With Breakfast".

Recipes (AWAY): "**Jump Start Your Mornings With Breakfast**"

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