

★ A la Cart™ Breakfast Lessons ★

Introductionpage 3

Breakfast Champion Goal Sheetpage 7
A goal sheet for each student to use for setting healthy breakfast habits.

Breakfast Champion Physical Activity Goal Sheetpage 8
A goal sheet for each student to use for setting healthy physical activity habits.

Breakfast Champion Journal Thoughtspage 9
A journal page for each student to use for writing their feelings about the healthy changes they are making.

Lesson 1: Fixing and Eating with an Attitudepage 10
A Germ FREE Attitude! Get an attitude to keep germs, which can make you sick, out of your food!

Pre-Surveypage 19
A survey to be completed by each student prior to implementing Lesson 2, and to be sent home with the student to complete with a family member as a family connection activity.

Lesson 2: Shape...Shape...Shapepage 20
We come in different shapes and sizes. Breakfast helps shape a healthy pyramid and how you feel!

Lesson 3: Go...Go...Gopage 29
Breakfast on the GO helps you get GOING! Breakfast can be quick, simple and easy with "to GO" foods that give us energy to GO!

Lesson 4: Win...Win...Winpage 39
Choose a winning combination: breakfast and you! Breakfast gives you the WINNING edge at school or at play!

Lesson 5: Build...Build...Buildpage 50
Breakfast helps build a healthy you! A healthy breakfast helps BUILD a healthy pyramid, gives our body more energy, and gives our minds more "think power!"

Post-Surveypage 58
A survey to be completed by each student following Lesson 5, and to be sent home with the student to complete with a family member as a family connection activity.



TASTING ACTIVITY - It's in the Food!

Tasting is an important part
of healthy messages!

★ TAKE PICTURES! (Remember to check for food allergies and have everyone wash their hands before preparing food)

Breakfast Idea: Cereal Sampling

Materials Needed:

- 4-5 different cereals in the box (for label reading)
- 3 oz. paper cups (for tasting cereals)
- Measuring cups (for volume)
- Small scale (for weighing)

Preparation and Talking Points:

1. Divide students into cooperative groups, or do the activity as a class.
2. Talk about the cereals and grains and other foods represented in the Grains Group of the My Pyramid.
3. Look at ingredients listed on cereal boxes.
4. List how many different kinds of grains are identified on the label.
5. Weigh 1 ounce of each type of cereal.
6. Determine the volume for each 1 ounce serving.
7. Sample different cereals and see if you can tell which grains you taste.
8. Talk about how the Grains Group provides ENERGY for Go Power!

