

Lesson 2: Breakfast Power x 3

Outcome

Kids will be able to:

- Identify and summarize the benefits of eating breakfast. (Std. 1.4, 5.3)
- Identify their own habits. (Std. 6.1)
- Conclude that breakfast should be eaten every day. (Std. 1.12)

Materials

- Lesson 2 Worksheet
- Lesson 2 *Breakfast Chain Template Strips*
- Classroom Board
- Glue Sticks
- Scarves (1 per person)



Discussion Points

Eat breakfast and feel the Power!

- **GO power!** Eating breakfast helps wake up the body. It sparks energy! Surveys show kids who eat breakfast say they feel good. They are happy and less tired. Kids who do not eat breakfast say they feel bad, are angry, sick and bored through the school day.
- **BRAIN power!** Eating breakfast wakes up the mind to help kids think clearly (more alert) in class. It makes learning easier, especially for math and reading. Studies show kids get better grades when they eat breakfast often.
- **HEALTH power!** Breakfast eaters get more nutrients for healthier skin, muscles, bones, and body! Healthy breakfast choices often includes milk which provides calcium for strong bones and cereals that are usually fortified with added nutrients.

Discussion Questions

Ask kids the following:

1. Did you eat breakfast today?
 - Do YOU think eating breakfast gives you GO power? What does GO power mean to you?
 - Do YOU think eating breakfast gives you BRAIN power? Adults remind you to eat breakfast during test time. Why do you think they do that? If breakfast helps at test time, how do you think it could help every day?
 - Do YOU think eating breakfast gives you HEALTH power? Do you think it gives you HEALTH power? Does the degree of health power depend on your breakfast choices?
2. Distribute the Lesson 2 worksheet.
3. Ask kids to complete the survey (Lesson 2 worksheet, page 1) of their own habits. **Note: Page 2 of the worksheet is for assessment of the lesson. Do not complete page 2 until the end of the lesson.**

Activity

Math: Graphing

Pre-prep: Use the Lesson 2 *Breakfast Chain Template* to prepare strips.

1. Distribute 1 strip to each student. Ask students to identify their breakfast habits by writing on the strip one of the following three descriptions. I eat breakfast: a) Most Days, b) Some Days, c) Never.
2. Collect the strips and sort by category. Count and write the number in each category on the classroom board: Most Days ____; Some Days ____; Never ____.
3. Create a bar graph of the data.
4. Explain the paper strips will also be used to depict a graph. Use glue sticks to create 3 paper link chains representing the 3 categories of breakfast habits.
5. Hang the 3 chains on a classroom bulletin board.
6. Distribute the *Breakfast Challenge* log sheet. Encourage kids set a personal goal to eat breakfast more often and take the *Breakfast Challenge*.
7. Explain you will repeat the chain activity in Lesson 10 of the *Breakfast GO Power* Section to see if the class is meeting the *Breakfast Challenge*.

Move and Learn

Remind kids that eating breakfast gives GO, BRAIN, and HEALTH Power. Explain you are going to help show kids an example of how brain power can really be helpful.

1. Ask kids to stand in a circle, no more than an arm's length away from each other.
2. Distribute scarves and ask kids to hold them in one hand. Explain they should always be holding just one scarf.
3. Explain as they listen to the story they pass the scarves around the circle in the direction indicated in the story:
 - Pass right each time they hear the word "right".
 - Pass left when they hear the word "left".

Summary

Breakfast has GO, BRAIN, and HEALTH Power! Choose to eat breakfast for Power x 3!

Student Assessment

3rd - 5th Grades:

Using the Lesson 2 Worksheet, kids will be able to:

1. Identify their own breakfast habits.
2. Respond positively to whether or not breakfast should be eaten every day.
3. Identify the benefits of eating breakfast by filling in the blanks. (4th and 5th grades with 100% accuracy.)

LIFE WITH THE WRIGHT FAMILY

1. Instruct kids to stand in a circle no more than an arm's length away from each other.
2. Each person holds a scarf in one hand.
3. As they listen to the story they pass the scarves around the circle in the direction indicated in the story, going right each time they hear the word "right" and left when they hear the word "left".
4. Each person should always be holding a scarf during the story.

One day the Wright family decided to take a vacation. The first thing they had to do was to decide who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course this made Aunt Linda Wright so mad that she left the house immediately yelling, "It will be a right cold day before I return".

The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright and Shelly Wright and got in the car and left. Unfortunately, as they turned out of the driveway someone had left a trash can in the street so they had to turn right around and stop the car. They told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry; he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone.

No need to worry now, they were off on a right fine vacation. When they arrived at the gas station, Father Wright put gas in the car and then discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying that she had to throw up. This of course got Mother Wright's attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick so she left the car too. Father Wright was left with Tommy Wright who was playing a game in the backseat.

With all of this going on, Father Wright decided that this was not the right time to take a vacation, so he gathered up all of the family and left the gas station as quickly as he could. When he arrived home, he turned left into the driveway and said, "I wish the Wright family had never left the house today."

Name: _____ Date: _____

Lesson 2: Breakfast Power x 3 - 1

Read the following questions and checkmark your answers.

Did you eat breakfast today?

- Yes ☺ No ☹



How often do you eat breakfast?

- Most Days Some Days Never



How do you feel when you miss breakfast?

- Tired Hungry Stomach ache
 Other (describe): _____



How important do you think it is to eat breakfast?

- Very important A little important Not important

How does eating a good breakfast help you?

Describe: _____

When you eat breakfast, which of the following do you usually choose?

Checkmark all that apply

- Grains (like cereal, toast or bagel)
 Fruit (canned, fresh, frozen or 100% juice)
 Milk (milk, yogurt or cheese)
 Meat & Beans (like egg, peanut butter, meat)



Name: _____ Date: _____

Lesson 2: Breakfast Power x 3 - 2

Write the words to describe the 3 kinds of power eating breakfast gives you:

1. _____

2. _____

3. _____

Choose from the following words to complete sentences that describe why eating breakfast every day is a good choice.

tired clearly nutrients

- Feel less _____.
- Think more _____ in class
- Get more _____ through the day.

Should breakfast be eaten every day? Check Yes or No.

Yes No

Set a breakfast goal! Check just one of the following:

I will take the *Breakfast Challenge* to:

- Continue eating breakfast every day.
- Start eating breakfast more often.

Name: _____ Date: _____

Lesson 2: Breakfast Power x 3 - 3

My Breakfast Challenge

1. Check the appropriate box each day you eat breakfast.
2. Check the box next to the fruit/veggie if at least one of your breakfast choices that day is a fruit or veggie.

	Week 1	Week 2	Week 3	Week 4
Sunday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Monday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Tuesday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Wednesday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Thursday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Friday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie
Saturday	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie	<input type="checkbox"/> Fruit/Veggie