



Healthy Breakfast. Everywhere You Go.

For elementary school students

Kids Eat Right Campaign Member Presentation Outline for Elementary School Presentation
20 minute presentation + optional 10 minute activity

Note to RD: This presentation targets upper Elementary grade levels, so please simplify for younger grades as needed.

Note to RD: Objectives for this presentation include that by the end of the presentation, students will be able to:

- *Identify healthy breakfast choices from each of the five food groups.*
- *Name at least two reasons why eating breakfast every day is important.*
- *Construct a healthy breakfast.*

Introduction (3 minutes)

- Hi, my name is _____ and I'm a _____ (RD, DTR, intern, etc.). I am a Kids Eat Right campaign member for the Academy of Nutrition and Dietetics. It's like saying I'm a 5th grader in Mrs. Smith's class at Washington Elementary School. I'm a Registered Dietitian Kids Eat Right campaign member for the Academy of Nutrition and Dietetics.
- Today I'm here to speak to you today about eating breakfast. By the time I leave, you will all know why it's so important to eat breakfast every day, that no one will never skip breakfast again!

Note to RD: Relate breakfast to a current event if possible—back to school if in the fall, testing if in the spring, eating healthy and athletes and relate it to a sport, etc.

Healthy Breakfast (10 minutes)

Breakfast Survey

- Who eats breakfast every morning? Who eats breakfast some mornings, but not every morning? Who doesn't eat breakfast very often? So (some/most/all – fill in with what fits your group best) of you always eat breakfast. Did you know that almost half of all children don't eat breakfast **all** of the time? (Resource: *Family Nutrition and Physical Activity Survey* as reported in *Kids Eat Right State of the Family Report: Are We Making Progress? 2010*. Note: African American (59%) compared to white and Hispanic children (42%.)
- How many of you eat breakfast right here at school? School breakfast is a great way to fuel your body with quick and delicious foods!
- How do you feel when you eat breakfast? How do you feel when you don't eat breakfast?

Bodies, Bellies, and Brains

- Why do you think it's important to eat breakfast? Breakfast is good for the 3 B's: our **Bodies**, our **Bellies**, and our **Brains**! I'd like everyone to stand up, push in your chairs, and stand behind your desk. Now repeat after me and follow my movements. "Breakfast is good for the 3 B's: our Bodies (stand tall with champion arms in the sky), our Bellies (rub belly), and our Brains (point to brain)!" Breakfast is important for all kids eat every day so you can get the energy and vitamins you need to play sports, play with



your friends, and grow big and strong. Breakfast gives you energy to start your day so that you can play and learn.

- For those of you who sometimes or usually skip breakfast, why does this happen? What are some things you could do to make sure you eat breakfast every day?
- Today we are going to explore delicious foods that you can eat to start your day out right.

Favorite Breakfast Foods and Food Groups

- What foods do you like to eat for breakfast?
- Did you know you can eat foods from any of the food groups for breakfast?
- Can anyone name the 5 food groups that help us to stay strong all day long? Grains, fruits, vegetables, dairy, and protein. It's important to eat foods from these food groups at breakfast so you feel your best. Eating foods that aren't in these food groups can sometimes make you feel tired or upset your stomach and can slow you down.

Note: If you have food models, ask students to come up and select foods from each food group and/or build a sample breakfast together if you have more time.

Grains

- What are some good breakfast foods from the grain group? Think whole grains, which have a lot of fiber and other important nutrients.
- Oatmeal, whole grain cereal, whole grain bagel, whole wheat toast, whole grain granola bars.

Fruit

- What could you eat from the fruit group for breakfast?
- Apple, orange, banana, melon.

Vegetables

- You might not think of vegetables as breakfast foods but they are especially great if you eat eggs—you can toss in some peppers and onions or a bunch of other veggies in scrambled eggs or an omelet. And salsa is a great topping no matter how you like your eggs. You might also have leftovers for dinner that have vegetables in them, like spaghetti with spaghetti sauce or veggie pizza.
- What other vegetables could you eat for breakfast?

Dairy

- What are some foods from the dairy group that you could have for breakfast?
- Ice-cold low-fat milk, chocolate lowfat milk, milk on your whole grain cereal, yogurt, yogurt parfait, and string cheese are all delicious for breakfast AND are good for your bones while they are growing tall!

Protein

- How about protein foods?
- Peanut butter, eggs, beans and nuts are all great breakfast choices because when you eat these for breakfast, the protein in them helps to fill you up until lunch.

Plant-Based Breakfasts (2 minutes)

- You know, most of us don't get enough plant-based foods. What are some examples of plant-based foods? Plant-based foods are in the grain, fruit, and vegetable group because they are all plants or come from plants!
- What does protein do for our body? Did you know plant foods can give us protein, too? What foods come from plants are in the protein group?



- What are some plant-based foods you could eat with breakfast?

Some Breakfast Choices are Healthier Than Others (2 minutes)

- You have been naming some tasty and healthy breakfast foods! Many of these foods are available in your school cafeteria for breakfast right here at school. What would not be as healthy to eat for breakfast? Why do you think it's important to eat those healthy breakfast foods you mentioned earlier instead of those not-so-healthy ones?

Eat Breakfast on Days When You're Not In School (1 minute)

- Do you only need to eat breakfast on days when you're in school? No! We all need to eat breakfast every day to look and feel our best. What could you eat for breakfast when you're not in school?

OPTIONAL ACTIVITIES

Note: If not doing an optional activity, skip to summary below

Optional Activity for Younger Grades (10 minutes)

NOTE: You can do this activity with or without food. You can pass out the handout and ask kids to draw and color their favorite parfait using crayons or you can bring in food for a parfait to do a tasting (ask teacher if there are allergies prior to presentation): low-fat vanilla yogurt, whole grain cereal, variety of fruit (prepared), clear cups, spoons, napkins.

Breakfast is a great time to get foods that most kids don't get enough of like good-for-you whole grains, fruits, vegetables, low-fat dairy and lean protein. Today you are going to build your own breakfast parfait. You may choose your absolute favorite types of yogurt, fruit and whole grain cereal to put into your parfait!

Optional Activity for Older Grades (10 minutes)

NOTE: You can take this activity a step further and bring in a plate and food models for students to practice building a better breakfast plate.

Breakfast is a great time to get foods that most kids don't get enough of like good-for-you whole grains, fruits, vegetables, low-fat dairy and lean protein. Today you are going to build a better breakfast. You may choose your absolute favorite healthy breakfast foods to put on your plate, but it must contain at least three food groups.

Other Optional Activities:

- Conduct a taste testing of a new healthy cafeteria breakfast item.
- Use empty food packages, plastic food models, or paper food models to demonstrate food groups or use to build better breakfasts. Make it a game by splitting the class into teams.
- "Shop" for healthy breakfast foods in a pretend store with empty food packages, plastic food models, or paper food models.
- Play Red Light, Green Light by naming healthy and not-so-healthy breakfast foods. Kids only move when they hear a healthy breakfast food. They can play this game standing at their desk, running in place.



Summary (2 minutes)

- Raise your hand if you are going to eat breakfast every day.
- Why is it important to eat breakfast every day?
- What kinds of foods will **you** eat for breakfast?
- Who is going to eat breakfast at school more often?
- I'd like everyone to stand up, push in your chairs, and stand behind your desk. Let's do our 3 B's chant with movements. "Breakfast is good for the 3 B's: our Bodies (stand tall with champion arms in the sky), our Bellies (rub belly), and our Brains (point to brain)!"
- I had fun with you today talking about breakfast. I hope you had fun too. Be sure to share this handout with your parents and tell them what you did today!

Handouts:

- Healthy Breakfast handout for younger grades from toolkit or Healthy Breakfast handout for older grades from toolkit
- Optional: Academy of Nutrition and Dietetics Power Up with Breakfast handout (available in English and Spanish)

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