



## Cooking Club Lesson Plan

### Breakfast

Grades 6-12

#### I. Lesson Objectives:

- A. Students will explain the importance of consuming a healthy breakfast every day.
- B. Students will identify the components of a healthy breakfast.
- C. Students will list examples of healthy breakfast meals.

#### II. Behavior Outcomes:

- A. Consume a healthy breakfast every day.

#### III. Pennsylvania Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living
- E. 10.4 Physical Activity

#### IV. Materials

- A. Handouts- *“Breakfast Basics”* or *“Wake Up to Breakfast”* handout from Learning Zone Express, or other appropriate breakfast fact sheet, copies of recipe
- B. Additional Activities- *“On the Go First Thing”*, *“Ready Set Breakfast”*, *“Plan a Healthy Breakfast”* worksheets
- C. Kitchen Math poster set from Learning Zone Express or other appropriate visual aid
- D. Reinforcement that conveys the appropriate nutrition message
- E. Hand wipes, gloves, hairnets/head coverings, aprons, tablecloth
- F. Food and cooking supplies needed for recipe
- G. Paper products needed for preparing and serving recipe (i.e. plates, bowls, forks, spoons, serving utensils, etc.)
- H. Ten Tips Sheet: *The School Day Just Got Healthier*

#### V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

##### A. Introductory

- 1. Lesson Introduction
  - a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*
  - b. *Review previous lesson.*

- c. *Briefly introduce the lesson topic and recipe that will be prepared. Explain that in this lesson, students will learn why it is important to eat a healthy breakfast every day and what foods to include as part of a healthy breakfast.*

## **B. Developmental**

### **1. Discussion of lesson topic**

- a. *Ask students to raise their hands if they ate breakfast this morning.*
- b. *Ask students how they feel if they skip breakfast in the morning. If you skip breakfast, you might feel tired, hungry, irritable, and could have trouble focusing or concentrating. You might also get a stomachache, headache, or feel dizzy or lightheaded. Eating breakfast in the morning can be quick and easy and can help you to overcome these feelings.*
- c. *Ask students why they might skip breakfast in the morning. Discuss responses. Some reasons for skipping breakfast might include not having enough time, not having anything available to eat at home, not liking the options available.*
- d. *Ask students why they think it is important to eat a healthy breakfast every day. Discuss all reasonable answers. Be sure to explain that: Breakfast is the most important meal of the day because it supplies our bodies with energy and nutrients and helps us to think and perform better in school and in other activities that we may do in a day. Eating breakfast can also help us to maintain a healthy body weight.*
- e. *Discuss the components of a healthy breakfast. Use “Breakfast Basics” or “Wake Up to Breakfast” handout as a guide for discussion.*
  - i. A healthy breakfast should include a good balance of foods and nutrients.
  - ii. Include a carbohydrate, protein, and healthy fat to give you energy and keep you full until lunch. Complex carbohydrates (carbohydrates that have starch and/or fiber) will help you feel energized and ready to start the day, while protein and fat will keep you feeling full and minimize feelings of hunger. Choosing carbohydrate-rich foods that also provide fiber, like whole grains, can also help you to feel full longer.
  - iii. *For grades 9-12, discuss each nutrient in more detail.*
    - (a) Carbohydrates- Carbohydrates provide the primary fuel for our brains. There are two different types of carbohydrates: simple and complex. Simple carbohydrates (sugar) are found naturally in foods like fruit and milk and are also contained in foods with added sugars. We want to limit the added sugars in our diet to less than 10% of total calories daily. For an average 2000 calorie diet, the limit would be 50 grams per day. Complex carbohydrates (starches) are found in foods like grains, beans, and certain vegetables. Choosing complex carbohydrates that also contain fiber, like whole grains, will help you to feel full so you won't get hungry again before lunch.
    - (b) Protein- Include a protein that is low in saturated fat to help you feel full and last until lunchtime without getting hungry. Some examples of healthy protein foods to include with breakfast are eggs/egg whites,

peanut butter or other nut butters, and low-fat or fat free dairy products like milk, yogurt, and cheese.

- (c) **Fat-** Healthy fats provide energy and essential fatty acids for our bodies. We should try to choose monounsaturated and polyunsaturated fats from plant-based foods and oils and limit our intake of saturated fats. Some examples of foods with healthy fats are nuts and nut butters, avocados, and plant-based oils.
- iv. Include at least three food groups to get a good balance of carbohydrates, protein, and healthy fat. A combination of grains, fruits (or vegetables), and dairy (or protein) can provide that balance.
- v. *Ask students:* What are some examples of healthy breakfast foods that could be combined to make a healthy meal. *See below for examples.*

Whole Grains	Fruits/Vegetables	Dairy/Protein
Whole grain cereal	Piece of fruit- apple, banana, orange	Low-fat or fat-free milk
Whole wheat toast	Sliced/cut fruit- strawberries, avocado	Almond milk, soy milk, or other milk alternative
Whole grain bagel	100% fruit juice	Low-fat or non-fat yogurt
Whole wheat English muffin	Dried fruit- raisins, prunes, apricots	Low fat cheese- string, sliced, or shredded
Oatmeal	Raw or cooked veggies- peppers, onions, tomato, spinach (could put with eggs)	Eggs, egg whites or egg substitute
Whole grain pancakes or waffles		Peanut, almond, or cashew butter
Whole grain cereal bar or granola bar		

vi. *Remind the students:* You don't have to eat "breakfast" foods in the morning. As long as you include foods from at least three food groups to get a good balance of nutrients, you can eat a variety of foods for breakfast. For example, it's ok to eat leftovers or dinner foods for breakfast, but try to opt for healthier options that have good sources of whole grains, fruits or vegetables, and lean protein/low-fat or fat-free dairy.

- 2. Discussion of Measuring Techniques
  - a. *Refer to "Kitchen Math" poster set from Learning Zone Express or other visual that displays measuring techniques.*
  - b. **Dry Measuring Cups-** use for measuring dry ingredients, like flour, or solid ingredients, like peanut butter. Choose the correct size cup, fill with the ingredient and level with a straight edge (spatula or knife).
  - c. **Liquid Measuring Cups-** use for liquid ingredients, like water, milk, or oil. Place measuring cup on a flat surface. Pour liquid ingredient into the cup and stop at

the line for desired amount. Read at eye level, not from above, while pouring. Liquid should just touch the measurement line.

- d. Measuring Spoons- use for small amounts of liquid or dry ingredients. For liquid, fill the correct spoon to the rim with the ingredient. For dry/solid, fill the correct spoon, then level off with a spatula or knife.
3. Cooking Activity
    - a. *Distribute copies of recipe to students. Suggested recipes are provided but may be altered as needed. When selecting a recipe, choose recipes that have ingredients from at least three food groups and can be prepared within the allotted time.*
    - b. *Review the ingredients and instructions for preparing the recipe.*
    - c. *Remind students of food safety guidelines and proper cooking equipment use.*
    - d. *Involve students in food preparation and cooking. Choose volunteers and assign each student a task or have groups of students take turns assisting.*
    - e. *Discuss the following points while cooking:*
      - i. *Have students identify in which food group each ingredient belongs.*
      - ii. *Grades 9-12: Discuss the nutrients that are found in the ingredients.*
    - f. *Provide each student with a sample sized portion of the recipe to taste.*
  4. Additional activities: *may be used with students who are not participating in cooking or as a follow-up activity*
    - a. *On the Go First Thing worksheet (Grades 6-8 or 9-12)*
      - i. *Have students work alone or in groups to complete the worksheet by matching the vocabulary words to their definitions.*
      - ii. *Review the correct answers.*
    - b. *Ready Set Breakfast worksheet (Grades 6-8)*
      - i. *Have students work alone or in groups to complete the worksheet by using the words from the top of the page to answer the clues.*
      - ii. *Review the correct answers.*
    - c. *Plan a Healthy Breakfast worksheet (Grades 9-12)*
      - i. *Have students work alone or in groups to complete the worksheet by creating three different breakfast meals for the scenarios listed.*
      - ii. *After students complete the activity, ask for volunteers to share their ideas for healthy breakfast meals for each situation.*

### **C. Conclusion**

1. Review take-away messages from lesson.
  - a. *Ask students to explain why it is important to eat a healthy breakfast every day. Eating a healthy breakfast every day will provide your body with the energy and nutrients it needs in the morning, can help you perform better in school, and help you to maintain a healthy weight.*
  - b. *Ask students what nutrients and food groups should be included in a healthy breakfast. A healthy breakfast should include food from at least three food groups to get a balance of carbohydrates, protein, and healthy fats along with vitamins and minerals.*

2. Distribute the reinforcement, read the message and/or explain the reason why they are receiving the reinforcement.
3. Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.
4. Thank the students for their participation and answer any question they may have.



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# Breakfast Burrito with Salsa

Serving Size: 1 burrito

Yield: 4 servings

Time: 30 minutes

## Ingredients:

- 2 Tablespoons canned corn
- 2 Tablespoons diced green peppers
- 1/4 cup minced onions
- 1 Tablespoon diced canned tomatoes, drained
- 1/4 teaspoon granulated garlic (optional)
- Nonstick spray
- 1 cup pasteurized liquid eggs
- 1 Tablespoon 1% milk
- 1 teaspoon mustard
- 1/4 teaspoon hot pepper sauce (optional)
- 4 - 8 inch flour (preferably whole grain) tortillas
- 1/4 cup canned salsa
- Salt and Pepper to taste

## Instructions:

1. Spray skillet and adjust to 350 degrees. Place corn, green pepper, onions, tomatoes and garlic on sprayed skillet and cook until tender.
2. In a large mixing bowl, blend the eggs, milk, mustard and hot pepper sauce for 1 minute until smooth.
3. Pour egg mixture over vegetables into the sprayed skillet.
4. Scramble egg mixture until it is thoroughly cooked. Remove from skillet and put in serving dish.
5. Place tortillas on the skillet to warm them.
6. Place a scoop of cooked egg in each tortilla and roll it up.
7. Serve each burrito topped with 2 Tablespoons of salsa.

## Source:

<http://recipefinder.nal.usda.gov>

Adapted from:

Food Family Fun

**USDA Food and Nutrition Services (FNS)**



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Nutrition Facts			
Serving Size 1 burrito, 1/4 of recipe (160g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 250</b>	<b>Calories from Fat 80</b>		
% Daily Value*			
<b>Total Fat 9g</b>	<b>14%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 0g			
<b>Cholesterol 210mg</b>	<b>70%</b>		
<b>Sodium 600mg</b>	<b>25%</b>		
<b>Total Carbohydrate 31g</b>	<b>10%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 3g			
<b>Protein 11g</b>			
Vitamin A 8%	• Vitamin C 10%		
Calcium 10%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

## Banana Pancakes with Strawberry Topping

Serving Size: 2 pancakes (1/6 of recipe)

Yield: 6 servings

### Ingredients:

- ½ cup liquid pasteurized eggs
- 1 ½ cups 1% milk
- 1 Tablespoon honey\*\*
- 3 Tablespoons oil
- ¾ cup whole wheat flour
- ¾ cup all purpose flour
- 2 teaspoons baking powder
- 2 bananas
- Non stick spray
- Strawberry Topping:
  - 1 pint strawberries (about 2 ½ cups sliced)
  - 3 Tablespoons sugar
  - ¼ cup water

### Instructions:

#### Strawberry Topping:

1. Wash strawberries, remove caps, and slice.
2. Combine strawberries with the sugar, and water.
3. While preparing pancake batter, cook strawberry topping in separate skillet over medium heat for 5-10 minutes.
4. Put to the side as a topping for completed pancakes.

#### Pancakes:

1. Add eggs to mixing bowl. Beat in milk, honey and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon ¼ cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.
7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

**\*\*Note:** Infants 12 months and under should NOT be given honey.

**Cost:** Per Recipe: \$ 2.45 Per Serving: \$ 0.41

**Source:** Adapted from: Pumpkin Post/Banana Beat

University of Massachusetts Extension Nutrition Education Program <http://recipefinder.nal.usda.gov>

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 5g	20%
Sugars 24g	
<b>Protein 9g</b>	
Vitamin A 6%	Vitamin C 10%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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# Gingerbread French Toast

Serving Size: 1 slice  
Yield: 16 slices  
Time: 30 minutes

## Ingredients:

- 2 cups liquid pasteurized eggs
- 2 cups fat free milk
- 4 teaspoons cinnamon
- 4 teaspoons ground ginger
- 1 teaspoon allspice
- 1 teaspoon pure vanilla extract
- 16 slices whole wheat bread
- 16 Tablespoons zero calorie syrup
- Nonstick cooking spray

<b>Nutrition Facts</b>	
Serving Size 1 slice (25g)	
Serving Per Container 16	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 25
<b>%Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

## Instructions:

1. Pour the eggs, milk, cinnamon, ginger, vanilla, and allspice into the same bowl.
2. Whisk the mixture until it is one color.
3. Turn skillet on medium high heat and spray with cooking spray.
4. Use a fork to dip bread slices into mixture and then place on skillet.
5. Cook until the underneath is brown, and then flip.
6. Serve with 1 tablespoon zero calorie syrup.

## Source:

“Honest Pretzels” Cookbook by Mollie Katzen



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# On the Go First Thing

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: Match the words on the left with the correct definition on the right.

Vocabulary Words	Definitions
___ CALORIES	A. This nutrient helps to build muscle and provides a feeling of fullness. Eggs, nuts, nut butters, and low-fat milk are good sources of this nutrient.
___ PROTEIN	B. Examples of these include carbohydrates, protein, fat, vitamins, and minerals. Some provide energy for your body, and they all are needed to keep your body healthy.
___ CARBOHYDRATE	C. This nutrient is found in milk and dairy products. It helps to keep your bones and teeth and strong. Include a food with this as part of a healthy breakfast.
___ FAT	D. This nutrient is found in foods like whole grains, fruits, and vegetables. If you include it with your breakfast, it can help keep you full until lunch.
___ NUTRIENTS	E. This nutrient provides energy and can help keep you feeling full. Avocados, nuts, nut butters, and plant oils all contain the healthy type of this nutrient.
___ WHOLE GRAINS	F. This nutrient provides fuel for our brains and muscles. Cereal, oatmeal, toast, pancakes, waffles, and bagels all contain this nutrient.
___ CALCIUM	G. This is a unit used to measure the amount of energy in a food. You need energy in the morning to fuel your body and brain so you can concentrate and do your best.
___ FIBER	H. These foods contain carbohydrates to give your body and brain energy in the morning. They also contain another nutrient that can help keep you full.



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# On the Go First Thing

## ANSWER KEY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: Match the words on the left with the correct definition on the right.

Vocabulary Words	Definitions
<u><b>G</b></u> CALORIES	A. This nutrient helps to build muscle and provides a feeling of fullness. Eggs, nuts, nut butters, and low-fat milk are good sources of this nutrient.
<u><b>A</b></u> PROTEIN	B. Examples of these include carbohydrates, protein, fat, vitamins, and minerals. Some provide energy for your body, and they all are needed to keep your body healthy.
<u><b>F</b></u> CARBOHYDRATE	C. This nutrient is found in milk and dairy products. It helps to keep your bones and teeth and strong. Include a food with this as part of a healthy breakfast.
<u><b>E</b></u> FAT	D. This nutrient is found in foods like whole grains, fruits, and vegetables. If you include it with your breakfast, it can help keep you full until lunch.
<u><b>B</b></u> NUTRIENTS	E. This nutrient provides energy and can help keep you feeling full. Avocados, nuts, nut butters, and plant oils all contain the healthy type of this nutrient.
<u><b>H</b></u> WHOLE GRAINS	F. This nutrient provides fuel for our brains and muscles. Cereal, oatmeal, toast, pancakes, waffles, and bagels all contain this nutrient.
<u><b>C</b></u> CALCIUM	G. This is a unit used to measure the amount of energy in a food. You need energy in the morning to fuel your body and brain so you can concentrate and do your best.
<u><b>D</b></u> FIBER	H. These foods contain carbohydrates to give your body and brain energy in the morning. They also contain another nutrient that can help keep you full.



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# Ready, Set, Breakfast!

Use the words below to complete the statements.

Eggs	Leftovers	Pancakes	Grapes	Strawberries
Oatmeal	Cereal	Cheese	Toast	Canadian Bacon
Orange	Yogurt	Milk	Banana	Peanut Butter

1. This white or chocolate drink is perfect with any breakfast \_\_\_\_\_
2. Raisins are dried \_\_\_\_\_
3. I am eaten in a bowl with milk and a spoon \_\_\_\_\_
4. I am a creamy treat that can be fruity too \_\_\_\_\_
5. I am the top and bottom of a breakfast sandwich \_\_\_\_\_
6. This fruit has the same color as its name \_\_\_\_\_
7. I am a monkey's favorite food \_\_\_\_\_
8. I can be scrambled, fried, or hard boiled \_\_\_\_\_
9. I am spread on bread with jelly \_\_\_\_\_
10. Melt this on a bagel or toast \_\_\_\_\_
11. I am red and sweet \_\_\_\_\_
12. This cereal warms you up in the morning \_\_\_\_\_
13. I am yummy with maple syrup \_\_\_\_\_
14. I am the breakfast meat with the least amount of fat \_\_\_\_\_
15. Reheat and eat me from the night before \_\_\_\_\_



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# Ready, Set, Breakfast!

## ANSWER KEY

Eggs	Leftovers	Pancakes	Grapes	Strawberries
Oatmeal	Cereal	Cheese	Toast	Canadian Bacon
Orange	Yogurt	Milk	Banana	Peanut Butter

1. This white or chocolate drink is perfect with any breakfast **MILK**
2. Raisins are dried **GRAPES**
3. I am eaten in a bowl with milk and a spoon **CEREAL**
4. I am a creamy treat that can be fruity too **YOGURT**
5. I am the top and bottom of a breakfast sandwich **TOAST**
6. This fruit has the same color as its name **ORANGE**
7. I am a monkey's favorite food **BANANA**
8. I can be scrambled, fried, or hard boiled **EGGS**
9. I am spread on bread with jelly **PEANUT BUTTER**
10. Melt this on a bagel or toast **CHEESE**
11. I am red and sweet **STRAWBERRIES**
12. This cereal warms you up in the morning **OATMEAL**
13. I am yummy with maple syrup **PANCAKES**
14. I am the breakfast meat with the least amount of fat **CANADIAN BACON**
15. Reheat and eat me from the night before **LEFTOVERS**



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# Plan a Healthy Breakfast

For each situation listed, plan a healthy breakfast. Then, check the food groups and nutrients that each meal would provide.

## Breakfast at Home

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### Food Groups

- Grains
- Fruits
- Vegetables
- Dairy
- Protein

### Nutrients

- Carbohydrate
- Protein
- Healthy Fat

## Breakfast on the Go

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### Food Groups

- Grains
- Fruits
- Vegetables
- Dairy
- Protein

### Nutrients

- Carbohydrate
- Protein
- Healthy Fat

## Breakfast Away from Home

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### Food Groups

- Grains
- Fruits
- Vegetables
- Dairy
- Protein

### Nutrients

- Carbohydrate
- Protein
- Healthy Fat

Do all of your breakfast meals include at least three food groups? YES NO

Do all of your meals include carbohydrates, protein, and healthy fats? YES NO

If you answered NO to either question, go back and revise meals to include at least three food groups and all three nutrients.



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