High School Lesson Plan

Breakfast

Choose a Healthy Breakfast
Grades 9-12

I. Lesson Objectives:
   A. Students will explain the importance of consuming a healthy breakfast every day.
   B. Students will name the nutrients which should be included in 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

IV. Materials
   A. Laptop/Projector with Power Point Presentation
   B. Handouts: “Choose a Healthy Breakfast” worksheet
   C. Optional Handouts: “Breakfast Basics” or “Wake Up! to Breakfast” from Learning Zone Express, or other appropriate breakfast handout
   D. Additional Activities: “Plan a Healthy Breakfast”, “Comparing Cereal Labels” worksheets
   E. Optional: Laminated cards with “Breakfast Game” questions and answers, Breakfast Wheel game
   F. Reinforcement that conveys the appropriate nutrition message
   G. Hand wipes
   H. Food tasting and any necessary supplies
   I. 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 lesson topic.

2. Icebreaker: Questions about breakfast
   a. Ask students to raise their hands if they ate breakfast this morning.
   b. Ask students why they might skip breakfast in the morning. Discuss responses.
   c. Ask students why 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.

3. Introduction about the breakfast game: Explain to students that they will be playing the “Breakfast Game”, which will test what they know about breakfast and help them learn how to choose a healthy breakfast. Distribute the “Breakfast Game” worksheet if using.

4. Instructions for playing the breakfast game:
   a. The game can be played with students split into teams (2 or more) or the students may play alone.
   b. If playing with teams, take turns asking a question to each team and record a point for each question that is answered correctly. The team that answers the most questions correctly will receive a reinforcement of your choice for a prize.
   c. If students are playing individually, read each question and ask for a volunteer to answer. Try to call on a different student for each question, and you may give out reinforcements as prizes to students who answer a question correctly.
   d. As students answer the questions, review the correct answers and discussion points. Have students record the answers on their worksheet, if using.
   e. You have the option of using the PowerPoint presentation with the game questions or using the laminated cards with the questions and answers printed on them. An alternate way of playing the game is using the questions with the Breakfast Wheel.

B. Developmental

1. Activity: The Breakfast Game
   a. Question 1: How might a person feel if they skip breakfast in the morning? Answer: If a person skips breakfast, they might feel tired, hungry, irritable, and could have trouble focusing or concentrating. They might also get a stomachache, headache, or feel dizzy or lightheaded. Follow-up question: Raise your hand if you’ve ever felt any of these symptoms when you’ve skipped breakfast. Keep your hand raised if you’ve ever gone to the nurse’s office in the morning because you felt sick from not eating breakfast. We’ll learn how to prevent these feelings by choosing a healthy breakfast every morning.

   b. Question 2: Which nutrients should be included in a healthy breakfast?
   Carbohydrate/Protein/Fat/All Three
Answer: All three. Choosing a breakfast that includes complex carbohydrates, lean protein, and healthy fats will give you energy and help keep you full until lunch.

c. **Question 3:** Which nutrient provides the primary fuel for our brains?  
   **Answer:** 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.

d. **Question 4:** Can you name the added sugars in this cereal?  
   **Ingredients:** Sugar, wheat, corn syrup, contains 2% or less of honey, hydrogenated soybean oil, salt, caramel color, soy lecithin, BHT for freshness  
   **Answer:** Sugar, corn syrup, honey. Remember that we want to limit added sugars to less than 10% of total calories. Cereal is a great choice for breakfast because it contains complex carbohydrate for energy plus many vitamins and minerals, however, we want to choose whole grain cereals that are low in added sugars and high in fiber. Check the label for sugar content. Look at the ingredients list to see if sugar is listed in the first few ingredients. This would indicate that the cereal has a lot of added sugars. There are ingredients that can appear on the list that have names besides sugar but are still forms of added sugar. The following are all names for added sugars on food labels:

   - anhydrous dextrose  
   - brown sugar  
   - confectioner’s powdered sugar  
   - corn syrup  
   - corn syrup solids  
   - dextrose  
   - fructose  
   - high-fructose corn syrup (HFCS)  
   - honey  
   - invert sugar  
   - lactose  
   - malt syrup  
   - maltose  
   - maple syrup  
   - molasses  
   - nectars (e.g., peach nectar, pear nectar)  
   - pancake syrup  
   - raw sugar  
   - sucrose  
   - sugar  
   - white granulated sugar

e. **Question 5:** Which nutrient helps to build muscle and also provides a feeling of fullness?  
   **Answer:** 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.
f. **Question 6:** Peanut butter, nuts, and avocados contain healthy types of what nutrient?
   **Answer:** 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.

g. **Question 7:** Breakfast should provide what percent of daily nutrients?
   **Answer:** 25%. According to the United States Department of Agriculture, school breakfasts must provide at least 25% of the Recommended Dietary Allowance (RDA) for the following nutrients:
   - Protein – necessary for lean muscle, tissue growth, repair, and recovery
   - Calcium – important for teeth and bone growth/health
   - Iron – helps to carry oxygen through the blood
   - Vitamin A – a key nutrient for healthy vision
   - Vitamin C – important for immune health
   - Calories – necessary each day to provide energy to the body for daily bodily functions and physical activities

h. **Question 8:** A healthy breakfast should include how many of the five food groups?
   **Answer:** Three. A breakfast that includes foods from at least three food groups can provide enough energy and nutrients to get you going in the morning and keep you full until your next meal.

i. **Question 9:** What combination of three food groups could provide the best balance of nutrients for breakfast?
   **Answer:** While breakfast should include three food groups, there are specific food groups that can provide the best balance of nutrients. A combination of grains, fruits (or vegetables), and dairy (or protein) can provide that balance. Whole grains provide complex carbohydrates and fiber along with vitamins and minerals like the B vitamin, Folate. Folate helps with DNA formation and the metabolism of amino acids, which are building blocks for protein. Fruits (or vegetables) provide carbohydrate and fiber along with vitamins and minerals like Vitamin C, which is helpful for the growth and repair of tissues, as well as keeping your immune system strong. Dairy foods provide carbohydrate, protein, and could provide fat depending on the type you choose. They also provide you with calcium to help keep bones and teeth strong. Protein foods provide protein and fat that is important for growth and maintenance.

j. **Question 10:** Give an example of a healthy breakfast meal that meets the criteria for nutrients and food groups.
   **Answer:** See examples of healthy breakfast foods below. Could accept multiple answers for this question.
### Whole Grains
- Whole grain cereal
- Whole wheat toast
- Whole grain bagel
- Whole wheat English muffin
- Oatmeal
- Whole grain pancakes or waffles
- Whole grain cereal bar or granola bar

### Fruits/Vegetables
- Piece of fruit - apple, banana, orange
- Sliced/cut fruit - strawberries, avocado
- 100% fruit juice
- Dried fruit - raisins, prunes, apricots
- Raw or cooked veggies - peppers, onions, tomato, spinach (could put with eggs)

### Dairy/Protein
- Low-fat or fat-free milk
- Almond milk, soy milk, or other milk alternative
- Low-fat or non-fat yogurt
- Low fat cheese - string, sliced, or shredded
- Eggs, egg whites or egg substitute
- Peanut, almond, or cashew butter

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**k. Question 11:** I don’t like breakfast foods. What else could I eat for breakfast?  
**Answer:** *Answer will vary. Accept all reasonable suggestions.* 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. Has anyone ever eaten leftovers for breakfast? 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.

**l. Question 12:** Explain how eating breakfast could help someone maintain a healthy body weight.  
**Answer:** Breakfast provides your body with the energy and nutrients it needs to get you going in the morning. People who eat a healthy breakfast in the morning tend to make healthier choices throughout the day. Think about if you skip breakfast in the morning. Do you make the best choices when you do finally eat at lunch or a snack? Skipping breakfast could lead to overeating later in the day which could cause you to go over your calorie limit for the day. If you regularly exceed your daily calorie limit, that could lead to weight gain over time. Remember that everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.

**m. Question 13:** Explain how eating breakfast could help you perform better in school.  
**Answer:** Breakfast provides fuel for your body and brain in the morning. Studies show that eating breakfast can actually improve brain function, which would help you to focus and concentrate better in school. It can also help avoid feelings of hunger, tiredness, stomachaches, and headaches that could distract you from learning and performing your best.
Question 14: For the following breakfast meals, think of a healthier alternative. (Call on a different student for each meal.)

**Breakfast sandwich**: Sausage, egg, and cheese on a biscuit

*Alternatives*: scrambled eggs and whole grain toast; ham, egg white, and cheese on whole grain English muffin

**On-the-Go**: Frosted Donut and a Vanilla Latte

*Alternatives*: whole grain cereal bar/granola bar, piece of fruit, low-fat chocolate milk; fruit, yogurt, and granola parfait, 100% fruit juice; whole wheat toast with peanut butter and cinnamon sprinkled on top, coffee or Latte made with skim milk and half the pumps of syrup that are normally used to add vanilla or other flavoring

Discuss how to make a latte or other coffee beverage healthier with less calories from added sugar and fat by choosing low-fat/skim milk and reducing the amount of flavoring syrup used.

**At Home**: 3 pancakes w/ 1 T butter & 1 T syrup, 3 slices bacon

*Alternatives*: 2 whole grain pancakes topped with fresh fruit, low-fat yogurt, 2 slices turkey bacon

Remember that when it comes to improving food and beverage choices, small changes can add up to big benefits. Making healthy shifts is a great way to add more nutrient-dense foods while eating fewer foods with added sugars, saturated fats, and sodium.

2. Additional Activities: may be used if time allows or as a follow-up activity

a. *Plan a Healthy Breakfast* worksheet

i. Distribute copies of “Plan a Healthy Breakfast” worksheet to students.

ii. Read and explain the directions.

iii. After students complete the activity, ask for volunteers to share their ideas for healthy breakfast meals for each situation.

b. *Comparing Cereal Labels* worksheet

i. Distribute copies of “Plan a Healthy Breakfast” worksheet to students.

ii. Read and explain the directions.

iii. After students complete the activity, review the answers.

iv. Review what to look for when choosing a breakfast cereal: whole grain, high fiber, low in added sugars.

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 to name the nutrients that should be included in a healthy breakfast. A healthy breakfast should include a balance of carbohydrates, protein, and healthy fats along with vitamins and minerals.

2. Distribute hand wipes.

3. Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.

4. Distribute the reinforcement, read the message and/or explain the reason why they are receiving the reinforcement.

5. Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.

6. Thank the students for their participation and answer any question they may have.