

Teacher Guide:

BREAKFAST

Key Messages

- Breakfast is the most important meal of the day.
- Breakfast foods can be any nutritious food you like to eat.
- Try to include foods from at least three food groups for breakfast.
- Choose breakfast foods with whole grains, low in fat and low in added sugars.
- Ready-made/fast-food breakfasts are often low in fiber, high in fat, sugar and/or salt and more expensive than home-made.

OBJECTIVES

Participants learn:

- to recognize nutritious breakfast foods.
- how to plan a nutritious breakfast to include 3 food groups.
- how to compare costs of homemade breakfast vs. fast-food breakfast

Suggested teaching materials:

- Picture or food models demonstrating healthful breakfast meals.

Activities

- Ask participants: *“We talked about breakfast choices in this lesson. What new, nutritious breakfast foods do you plan to add to your list of breakfast choices as a result of what we discussed today?”*
- Plan healthful breakfasts for the family that are nutritious, quick and easy to prepare and contain foods from 3 food groups.
- Provide pictures of breakfast food choices. Have participants (adults and children) choose the most nutritious breakfast foods.
- Talk about convenience vs. economics when purchasing pre-packaged/fast-food breakfast foods vs. breakfasts prepared at home.
- Discuss breakfast foods that you and your child can prepare together.