



Healthy Breakfast. Everywhere You Go.

For middle school students

Kids Eat Right Campaign Member Presentation Outline for Middle School Presentation

20 minute presentation + optional 10 minute activity

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

- *Identify solutions for teens who skip breakfast.*
- *Name at least two reasons why eating breakfast every day is important.*
- *Name at least one reason why each food group is important and one healthy food item from each group to eat for breakfast.*
- *Make a plan for eating breakfast every day.*

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, and I've come to speak to you about eating breakfast. Today we will have a friendly breakfast debate, discuss ideas for healthy breakfasts, and finish up by doing a fun activity. By the end of this lesson you will be able to name at least two reasons why eating breakfast every day is important and you will have a plan for eating healthy breakfasts every day!

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.

- *Could I have a volunteer to help write on the board? Ask the volunteer to count how many students are in the class and write that number on the board.*
- *How many of you had something for breakfast this morning?*
- *Of the students that had something for breakfast this morning, how many of you had school breakfast this morning?*
- *Ask the volunteer to count number of students that respond and tell the volunteer to write the number on the board and figure out the percentage of students that ate breakfast this morning (use a calculator if needed). Then ask to calculate what percentage of those students ate school breakfast this morning. Thank the volunteer for their help, and ask them to sit down.*
- **Reasons Teens Skip Breakfast (5 minutes)**
- *It looks like from our quick survey, that (number) of you ate breakfast and that (number) of you ate breakfast at school. That still leaves (number) of you who did not eat breakfast this morning. Does this surprise you?*
- *According to a study done by the American Dietetic Association and the American Dietetic Association Foundation, out of all three meals, breakfast is the one that teens skip most often. Why do you think this is true? Why do you or other teens skip breakfast? Common reasons might include being too tired, not hungry, not enough time, etc. What can you do if you are, for example, too tired to eat breakfast?*

Note: Discuss reasons teens don't eat breakfast and suggestions to overcome them briefly with students. Particularly emphasize the benefits of eating school breakfast, including how easy, fast, and delicious it tastes.



Breakfast is an important meal for all students to eat every day. (2 minutes)

- Who has ever heard that breakfast is the most important meal of the day? What do you think? Is breakfast actually the most important meal? The answer is, YES! Here's another quiz for you: A teen that eats breakfast has:
 - a. more energy
 - b. improved concentration
 - c. better grades
 - d. a healthier body weight
 - e. all of the above

The answer is, e. all of the above!

Breakfast—an Opportunity to Eat Right (3 minutes)

- What did you have for breakfast this morning? Recent research about Americans' eating habits revealed that teens don't eat enough of FIVE food groups: grains, fruits, vegetables, dairy, and protein. The 2010 Dietary Guidelines for Americans also tell us that Americans (adults and teens) need to eat more plant-based foods. Plant based foods come from plants of course. Some examples are fruits, vegetables, beans, whole grains, nuts and seeds.
- When teens skip breakfast, they are missing out eating the delicious foods from the five key food groups and the opportunity to eat wholesome plant-based foods. Why does it matter if you aren't eating enough whole grains, fruits, vegetables, low-fat dairy and lean meats?
- Why is it important again for teens to eat breakfast? Right, more energy, improved concentration, better grades, and a healthy weight. It also matters what you eat—there are many breakfast choices that are better than others, which leads me to our Great Debate!

Breakfast Food Groups: Great Debate (7 minutes)

- I'd like to divide the class into five groups. What are the five food groups? Each food group is in charge of naming at least one reason that food group is good for you and naming at least three tasty and healthy foods you could eat for breakfast from that food group. Each food group will identify one great debater to debate their case.

Note to RD: Allow groups to discuss for three minutes, then ask each group to share, with you adding information for each food group along the way.

Whole grains

Allow debater to list at least one reason this food group is good for you and name at least three tasty foods from this food group.

Remember earlier I said that eating breakfast gives you energy? Here's where whole grains come in. Whole grains give you lasting energy. This is because they have carbohydrates and a substance called fiber that helps us to feel full. Choosing a high-fiber cereal is easy! Just look for 3 or more grams of fiber per serving on the Nutrition Facts Label. Whole grains help keep us going through the morning!

Fruit

Allow debater to list at least one reason this food group is good for you and name at least three tasty foods from this food group.



Fruit is another good source of fiber. Also, many fruits contain the incredible vitamin C. Vitamin C not only is important for healing cuts and bruises and preventing illness, fruit tastes great for breakfast! Fruit adds a sweet taste and burst of color to an otherwise boring breakfast.

Vegetables

Allow debater to list at least one reason this food group is good for you and name at least three tasty foods from this food group.

Yes, you can eat vegetables for breakfast! Among the many nutrients (plus fiber) that vegetables contain, dark green and orange vegetables are also good sources of vitamin A, which keeps our eyes and skin healthy and bright.

Dairy

Allow debater to list at least one reason this food group is good for you and name at least three tasty foods from this food group.

We want to choose low-fat dairy foods and beverages from the dairy group. Dairy contains calcium and vitamin D, which are important for building strong bones and teeth. Also, low-fat dairy has protein, which helps us to feel full for longer. Protein is important to building muscles, bones and skin.

Protein

Allow debater to list at least one reason this food group is good for you and name at least three tasty foods from this food group.

Lean meats from the protein food group, along with other protein foods like nuts, seeds, beans, eggs, and fish, are great sources of protein to keep you going strong.

- Great job debaters! I think you've made the case for breakfast very well, for all the food groups. You know, a convenient place to grab a healthy breakfast with all the key food groups is right here at your school!
- Now I'd like to know what you ate for breakfast today. When you answer, also tell me what breakfast benefit is most appealing to you (more energy, improved concentration, better grades, healthy weight), what food groups you ate from, and what you could do to eat an even better breakfast tomorrow.

Note to RD: Enrich the conversation with more breakfast ideas and recipe tips, like assembling a fruit parfait, breakfast burrito, trail mix, or eating leftovers.

OPTIONAL ACTIVITY

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

Optional Activity-Build a Better Breakfast (10 minutes)

On this handout, you can either build your own breakfast, or choose one of the breakfast ideas listed. All you're really doing is "assembling" simple foods without cooking to design a healthy breakfast and eat it at the bus stop, on the bus/in a car, on the way to school, or of course, at school! Once you have decided on your breakfast ideas, fill in your "breakfast line up" for the week. It's okay if you like to eat the same healthy things for breakfast most of the time--the most important thing is that you eat a healthy breakfast every day!

Other Optional Activities:

- Sample healthy breakfast options.
- 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.
- Compare common breakfast foods using empty food packages.
- Compare a homemade breakfast sandwich to croissant breakfast sandwich at a fast food restaurant, and compare bakery choices.
- Review fast food breakfast menus and ask students to seek the best choices.
- Play a game show using breakfast options.

Summary (2 minutes)

- What are the four breakfast benefits we discussed today?
- How are you going to make sure you eat breakfast every day and make the best breakfast choices every day?
- I enjoyed visiting with you today about breakfast. I hope you had enjoyed it, too, and learned something new. And most importantly, I hope that each one of you will eat breakfast every day and make smart choices to look and feel your best!

Handouts:

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

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