Lesson Overview
The educator will introduce the lesson with a breakfast game of "last player standing." Referencing the MyPlate Food Guide, the educator will explain how a breakfast made up of at least three of the five food groups including dairy, grains and fruits or vegetables builds a balanced breakfast. After learning about the benefits of eating breakfast, students will break into small-group huddles and use the National Dairy Council paperboard food models to play a "breakfast scramble" game.

The optional Fuel-up Food Prep* activity features a Wake Up Sunshine Smoothie which is made of nutrient-rich fruit and low-fat dairy foods.

Lesson Objectives
The student will:
1. Understand the link between breakfast and brain function, school performance, and nutrition/health.
2. Describe and give an example of a balanced, nutrient-rich breakfast (made up of at least three food groups including dairy, grains and fruits or vegetables).
3. Participate in a group "breakfast scramble game" which will reinforce the importance of variety in the diet and give ideas for breakfast menu planning.
4. (optional) Gain food preparation skills by making Wake Up Sunshine Smoothies, a simple, fun, nutrient-rich breakfast option.

Academic Integration
Health, Critical thinking, Mathematics, Language Arts

Leader Background
Breakfast contributes to health and development and also fuels brain cells for learning. Research shows that when kids eat breakfast:
● They are more likely to get the nutrients they need to get through the morning. In fact, children who don't eat breakfast miss 25 percent of their daily nutrition. Breakfast eaters have higher daily intakes of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc, and iron compared to kids who skip breakfast.
● They have higher test scores, miss less school and are tardy less often.
● They find it easier to focus, concentrate, solve problems, learn and behave.
● They may have an easier time achieving a healthy weight.

VOCABULARY
Nutrient: Substances found in food that our bodies need to live, grow and stay healthy. The six classes of nutrients are carbohydrates (including fiber), proteins, fats, vitamins, minerals, and water. There are more than 40 different nutrients with many different functions that are required for good health.

Nutrient-Rich: A nutrient-rich food refers to a food that contains substantial amounts of vitamins, minerals, protein and fiber in relatively few calories. The five MyPlate food groups, including dairy foods, fruits, vegetables, grains, and protein foods are considered nutrient-rich.
Lesson Overview

The educator will introduce the lesson with a breakfast game of “last player standing.” Referencing the MyPlate Food Guide, the educator will explain how a breakfast made up of at least three of the five food groups including dairy, grains and fruits or vegetables builds a balanced breakfast. After learning about the benefits of eating breakfast, students will break into small-group huddles and use the National Dairy Council paperboard food models to play a “breakfast scramble” game.

The optional Fuel-up Food Prep* activity features a Wake Up Sunshine Smoothie which is made of nutrient-rich fruit and low-fat dairy foods.

Lesson Objectives

The student will:
1. Understand the link between breakfast and brain function, school performance, and nutrition/health.
2. Describe and give an example of a balanced, nutrient-rich breakfast (made up of at least three food groups including dairy, grains and fruits or vegetables).
3. Participate in a group “breakfast scramble game” which will reinforce the importance of variety in the diet and give ideas for breakfast menu planning.
4. (optional) Gain food preparation skills by making Wake Up Sunshine Smoothies, a simple, fun, nutrient-rich breakfast option.

Academic Integration

Health, Critical thinking, Mathematics, Language Arts

Leader Background

Breakfast contributes to health and development and also fuels brain cells for learning. Research shows that when kids eat breakfast:

- They are more likely to get the nutrients they need to get through the morning. In fact, children who don’t eat breakfast miss 25 percent of their daily nutrition. Breakfast eaters have higher daily intakes of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc, and iron compared to kids who skip breakfast.
- They have higher test scores, miss less school and are tardy less often.
- They find it easier to focus, concentrate, solve problems, learn and behave.
- They may have an easier time achieving a healthy weight.

An optimal breakfast is made up of nutrient-rich foods, including at least three of the five food groups including low-fat dairy, whole grains and colorful fruits or vegetables. Protein foods can also be included at breakfast but are not necessary since dairy foods provide high quality protein. Most children and adults do not meet the MyPlate recommendations for dairy, fruits, vegetables, or whole grains so breakfast provides a good opportunity to boost overall nutrient intake.

As time and resources permit, consider conducting the Wake Up Sunshine Smoothie Food Prep activity. Students gain life skills and are more willing to try nutrient-rich choices when they have hands-on experience in food preparation.

Before teaching the lesson, review the following resources:
1. [choosemyplate.gov](http://choosemyplate.gov)
3. [fueluptoplay60.com](http://fueluptoplay60.com)
4. [www.southeastdairy.org](http://www.southeastdairy.org)

Materials Needed

**To Teach Lesson:**
1. MyPlate graphic (download from [choosemyplate.gov](http://choosemyplate.gov))
2. Board or flip chart
4. Stop watch or timer
5. Fuel Up With Milk – It Does a Body Good! poster available by contacting a School Program Account Manager at [www.southeastdairy.org/about-us/contact-us](http://www.southeastdairy.org/about-us/contact-us)
6. Copies of the worksheet that accompanies the Fuel Up With Milk – It Does a Body Good! poster

**For Fuel up Food Prep:**
Provide enough ingredients for all students. The amounts listed below make enough for 2-3 students:
1. 1 large banana, peeled and frozen
2. 1 six ounce container of low-fat vanilla yogurt
3. 1/2 cup canned mandarin oranges, drained
4. 1/2 cup 1% or fat-free milk
5. measuring cups and spoons
6. Blender(s)
7. Cups for tasting (6-8 oz. sized)
Teaching the Lesson
1. Start the lesson by playing a game of "last player standing." Ask the entire class to stand up. Instruct students as follows:
   - Who ate breakfast today? If not, sit down.
   - Who ate a serving of dairy at breakfast? If not, sit down.
   - Who ate a serving of grains at breakfast? If not, sit down.
   - Who ate a serving of either fruit (including 100% juice) OR vegetables at breakfast? If not, sit down.
   - If any players are left standing, ask: Who ate a serving of whole grains (e.g. oatmeal, whole grain breakfast cereal, whole wheat toast, bagel, waffle or English muffin).
   - Congratulate any players that are left standing. Explain to the class that these students have an advantage when it comes to performing in school, eating a better balanced diet, and even behaving better in class.
2. On the board or flip chart, ask students to brainstorm reasons why breakfast is important. Write down all of their ideas.
3. Discuss the benefits of breakfast with students. Explain that breakfast is the fuel for both body and brain cells. Kids and teens that eat a balanced breakfast can think, focus, and learn better; have better behavior; score higher on tests; are tardy less often; and take in more nutrients over the course of the day. Breakfast also plays a role in promoting healthy weight because breakfast skippers tend to eat more low-nutrient foods later in the day. Discuss with students if they have any personal reflections on eating or skipping breakfast.
4. Show students the MyPlate food guide, available at choosemyplate.gov. Explain how the MyPlate food guide emphasizes nutrient-rich choices from all five food groups in the proper proportions. Ask the class if they know which foods make up a balanced breakfast.
   **Answer:** At least three food groups including dairy, grains (preferably whole grains) and fruits or vegetables build a balanced breakfast. Protein foods can also be included at breakfast but are not necessary since dairy foods provide high quality protein. In addition, protein foods are commonly eaten at lunch and dinner.
5. Break classroom into groups of 3-5 students. Explain that students will be competing in a "breakfast scramble" game:
   - The goal is to come up with as many balanced breakfast combinations as possible in 60 seconds. A balanced breakfast includes a serving of dairy, grains, and a fruit OR vegetable.
     -- A serving of dairy is 8 ounces of yogurt or low-fat or fat-free milk (white or flavored) and 1.5 ounces of cheese.
     -- An example of a 1 ounce serving of grains is 1 slice of bread, 1 toaster waffle or 1 cup breakfast cereal
     -- An example of a 1/2 cup serving of fruit or vegetable is 1 small orange, 1/2 cup fresh salsa, 1/2 cup of pinto beans, 16 grapes or 1/4 cup of dried cranberries

*Continued on Page 4*
Pass out a stack of punched out National Dairy Council food models to each group (make sure food groups are evenly distributed within groups).

Explain that once you say "go," students have 60 seconds to come up with as many balanced breakfast combinations as possible. An extra point will be awarded for each breakfast containing a whole grain.

Assign each group one of the following breakfast questions to discuss and report on when they present their breakfast combinations.
- Is breakfast what you eat or when you eat it?
- What do you eat in the morning when you are rushed? (note: This is a good opportunity to remind students that school breakfast is a nutritious option that is available to all students)
- What do you think about the school breakfast program?
- Discuss the pros and cons of eating breakfast in the classroom.
- Is skipping breakfast a good way to lose weight?
- What are some examples of breakfasts eaten by students of various ethnic and cultural backgrounds?

6. Write About It/Talk About It:
Ask that the group assign one student as the recorder and another as the "reporter." The reporter will announce how many total breakfast combinations they assembled, how many included a whole grain and their thoughts about the assigned breakfast question. Consider having all students write a short summary of what they learned about breakfast.

Fuel Up Food Prep

Wake Up Sunshine Smoothie
1. In advance, ask for student or parent volunteers and assign tasks for set-up, coordination and clean up.
2. Clean and sanitize the desks or table where the students will work. Make sure all students wash their hands with warm water and soap for at least 20 seconds prior to preparing the smoothie.
3. Explain that this recipe is an easy, nutrient-rich breakfast option. Ask students if they can list the food groups/nutrients contained in the smoothie (Answer: fruit and low-fat dairy; Nutrients include vitamin A, vitamin C, vitamin D, potassium, calcium, protein, B vitamins). Ask students to identify a food to add to make this a complete breakfast (answer: a grain)
4. On a clean table, set out blender(s), frozen bananas, cartons of yogurt, milk, orange juice, and measuring cups.
5. Instruct students to take turns working in groups of 2-3 and place the following ingredients in the blender: frozen banana, one 6 oz. carton vanilla yogurt, 1/2 cup milk, and 1/2 cup mandarin oranges.
6. Students will blend until smooth and pour into cups.
7. Ask students to share this Fuel-up Food Prep idea with their families and friends!
Going Further

- Visit the Fuel Up to Play 60 interactive Playbook at school.fueluptoplay60.com/playbook for ideas on action strategies and ideas that can be implemented by students. For this lesson, under Type of Play: click Healthy Eating and then under the Subcategory, click Bring on Breakfast.
- Challenge students to come up with their own FUTP60 "plays" that reinforce this lesson. For example:
  -- Ask students to keep a record of their breakfast eaten for a week and present it graphically.
  -- Encourage students to create a song, rap or skit about eating breakfast.
- Read and report on the "Fuel up First" program from the Southeast Dairy Council, located at southeastdairy.org/in-schools/breakfast.
  To reinforce the importance of including dairy foods as part of every breakfast, assign students to complete the "Fuel Up With Milk – It Does a Body Good!" worksheet that accompanies the poster (below).
- Visit the Southeast Dairy Association at www.southeastdairy.org to access a variety of free resources available to schools.

*For Fuel-Up Food Prep activities, apply for grants such as the Fuel Up to Play 60 grants available from the National Dairy Council (details at school.fueluptoplay60.com/funds). You can also ask your local booster club, parent organization or businesses for donations.
Teaching the Lesson

1. Start the lesson by playing a game of “last player standing.” Ask the entire class to stand up. 
   Instruct students as follows:
   - Who ate breakfast today? If not, sit down.
   - Who ate a serving of dairy at breakfast? If not, sit down.
   - Who ate a serving of grains at breakfast? If not, sit down.
   - Who ate a serving of either fruit (including 100% juice) OR vegetables at breakfast? If not, sit down.
   - If any players are left standing, ask: Who ate a serving of whole grains (e.g. oatmeal, whole grain breakfast cereal, whole wheat toast, bagel, waffle or English muffin).
   - Congratulate any players that are left standing. Explain to the class that these students have an advantage when it comes to performing in school, eating a better balanced diet, and even behaving better in class.

2. On the board or flip chart, ask students to brainstorm reasons why breakfast is important. Write down all of their ideas.

3. Discuss the benefits of breakfast with students. Explain that breakfast is the fuel for both body and brain cells. Kids and teens that eat a balanced breakfast can think, focus, and learn better; have better behavior; score higher on tests; are tardy less often; and take in more nutrients over the course of the day. Breakfast also plays a role in promoting healthy weight because breakfast skippers tend to eat more low-nutrient foods later in the day. Discuss with students if they have any personal reflections on eating or skipping breakfast.

4. Show students the MyPlate food guide, available at choosemyplate.gov. Explain how the MyPlate food guide emphasizes nutrient-rich choices from all five food groups in the proper proportions. Ask the class if they know which foods make up a balanced breakfast.
   Answer: At least three food groups including dairy, grains (preferably whole grains) and fruits or vegetables build a balanced breakfast. Protein foods can also be included at breakfast but are not necessary since dairy foods provide high quality protein. In addition, protein foods are commonly eaten at lunch and dinner.

5. Break classroom into groups of 3-5 students. Explain that students will be competing in a “breakfast scramble” game:
   - The goal is to come up with as many balanced breakfast combinations as possible in 60 seconds. A balanced breakfast includes a serving of dairy, grains, and a fruit OR vegetable.

To complete this activity, you will need to refer to the “Fuel Up With Milk – It Does a Body Good!” poster.

Answer the following questions:

1. How many nutrients does milk contain?

2. Does flavored milk have the same nutrients as white milk?

3. How many servings of low-fat or fat-free dairy foods should you eat or drink each day?

4. Bonus: What is a serving of dairy?

Unscramble and Match-up:
Read the poster once and see if you can complete the following matching exercise. Try not to peek at the poster! Unscramble the nutrient at left. Then draw a line to connect the nutrient with its function in the body.

<table>
<thead>
<tr>
<th>HOPPUSSROH</th>
<th>AINMVBIT12</th>
<th>AIULMCC</th>
<th>TONEIRP</th>
<th>INIVTMDA</th>
<th>IAINNC</th>
<th>USTAMOSPI</th>
<th>MINTAVAI</th>
<th>NROIVBLFIA</th>
<th>Helps your body digest food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Builds strong bones and teeth and helps the nerve, muscle and blood</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Also known as vitamin B2, helps turn your food into energy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Helps control your body’s fluid balance and keeps heart and muscles healthy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Builds red blood cells that carry oxygen and help your muscles work</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Creates cell energy and helps make your bones sturdy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Helps your body absorb calcium and improve bone strength</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Builds and repairs muscles to help you keep moving</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Keeps your eyes and skin healthy and aids in fighting germs</td>
</tr>
</tbody>
</table>

Answers:
1. A serving of dairy is 8 ounces of yogurt or milk (white or flavored) and 1.5 ounces of cheese. 
2. Yes; BONUS: A serving of dairy is 8 ounces of yogurt or milk (white or flavored) and 1.5 ounces of cheese.