

Kindergarten

Building Breakfast

Healthful Living Objective(s)

- 4.05 Demonstrate the ability to select a healthy breakfast and lunch with a variety of whole grains, vegetables, fruit, and low-fat dairy products.

English Language Arts Objective(s)

- 3.02 Discuss concepts and information in a text to clarify and extend knowledge.

Information Skills Objective(s)

- 1.01 Participate in read-aloud, storytelling, booktalking, silent and voluntary reading experiences.
1.04 Acknowledge ownership of ideas.
1.05 Demonstrate sense of story (e.g., beginning, middle, end, characters, details).
5.01 Respond to reading, listening, viewing experiences orally, artistically, dramatically through various formats.
5.02 Produce media in various formats (e.g., pictorial, multimedia).

Teacher Resource(s)

- N.C. Division of Public Health, North Carolina Nutrition Education and Training Program, *Food for Thought: Making the Grade through Healthful Eating K-5 Curriculum*, www.nutritionnc.com
 - *Teaching MyPlate*
 - *What foods are in the Grains Group?*
 - *What foods are in the Vegetable Group?*
 - *What foods are in the Fruit Group?*
 - *What foods are in the Dairy Group?*
 - *What foods are in the Protein Foods Group?*
 - *Cut the Fat: Mooove to 1% or Less*
- U. S. Department of Agriculture, *Using MyPlate Along with MyPyramid*, www.ChooseMyPlate.gov/downloads/MyPlate/UsingMyPlateAlongWithMyPyramid.pdf
- U.S. Department of Agriculture, School Breakfast Toolkit, *Benefits of Breakfast Flyer*, www.fns.usda.gov/cnd/Breakfast/expansion/benefitsbreakfast.pdf

Material(s) Needed

- U.S. Department of Agriculture, *MyPyramid for Kids Poster*, www.mypyramid.gov/tips_resources/printmaterials.html
- U.S. Department of Agriculture, *MyPlate graphics slick*, www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf
- U.S. Department of Agriculture, *MyPyramid for Kids Classroom Materials, Go Fish Cards* (cut along dotted lines and laminated for long-term use), www.fns.usda.gov/tn/resources/mypyramidclassroom.html

- U.S. Department of Agriculture, *MyPlate* coloring sheet, www.choosemyplate.gov/downloads/MyPlate/ColoringSheetBlank.pdf
- Suggested book: *Lunch at the Zoo* by Brenda Cartee Lee (Available for loan from the N.C. Division of Public Health, N.C. Nutrition Education and Training Resource Library, www.nutritionnc.com)
- School Breakfast Menu
- Paper plates
- Crayons

Note that, as of June 2011, *MyPyramid* was replaced with *MyPlate* as a way to understand how to eat healthfully. It is important to know that you may continue to use existing *MyPyramid* educational materials, such as the *MyPyramid for Kids Poster*. This is because the information about what and how much to eat has not changed. Be aware that on *MyPlate* the Meat & Beans Group is called the Protein Foods Group and the Milk Group is called the Dairy Group.

Focus

Show students the *MyPyramid for Kids Poster* and the *MyPlate* graphics slick. Point out that while the symbol has changed from *MyPyramid* to *MyPlate*, both symbols remind us how to eat healthfully. Using the *MyPyramid for Kids Poster*, identify for the students the different food groups and foods in those groups. Use the *MyPyramid Go Fish Cards* to show the students different foods from each food group.

Ask students what they like to eat and drink for breakfast. Guide students to determine to which food groups their breakfast choices belong. Point out that there are many foods from the Grains, Vegetable, Fruit, Meat & Beans (Protein Foods) and Milk (Dairy) Groups that are good breakfast choices.

Teacher Input

Introduce the book, *Lunch at the Zoo* by Brenda Cartee Lee. During and after the reading of the book, ask the following questions:

- What did Bubba's mom fix him for breakfast?
- What did Bubba want instead?
- Why did Bubba go to the zoo?
- What kinds of foods do you think Bubba wants to see the animals eating?
- What were some of the foods that Bubba saw the animals eat?
- Were any of the foods that the animals ate foods that Bubba could eat?
- What kinds of food did Bubba decide to eat after his visit to the zoo?
- Why do you think he changed his mind?

Summarize the book by telling students that Bubba learned the importance of making healthy food choices at meals. Remind them that Bubba decided to eat fruits, vegetables, meats, and all the rest instead of cake, ice cream, and lollipops. Tell students that breakfast is an important meal that we eat at the beginning of the day and that healthy choices at breakfast will help us at school and at play just like the healthy choices helped the animals be pretty, fast, or strong.

Ask students to tell you what Bubba's mom fixed him for breakfast. You can show them the picture of the breakfast from the book. Show students the *MyPyramid for Kids Poster* and/or the *MyPlate* graphics slick again. Ask them to identify the groups to which Bubba's breakfast foods belong. Note that there are many foods from these groups which are good choices for breakfast.

Point out the Grains Group. Note that some grains are called "whole grains," and these are healthy choices. Give them some examples of whole grain foods that they might eat at breakfast. Point out the Milk (Dairy) Group. Note the different types of low fat or fat free milk products that are healthy choices.

Describe a breakfast that Bubba's mom might fix for him. Be sure it includes a whole grain, fruit, and low fat dairy product (e.g., whole grain cereal, strawberries, and fat free milk). Use the *MyPyramid Go Fish Cards* as a visual of the breakfast.

Note: Breakfasts should include items from at least three food groups, i.e., a choice from the Grains Group (preferably whole grain), a choice from Fruit Group or Vegetable Group, and protein from the Milk (Dairy) Group or Meat & Beans (Protein Foods) Group. The food choices do not have to be typical breakfast foods.

Breakfast examples:

- Granola, dried cranberries, low fat yogurt
- Oatmeal, blueberries, low fat milk
- Peanut butter sandwich and pear
- Whole wheat crackers, grapes, string cheese
- Whole wheat toast, applesauce, scrambled eggs with peppers and onions
- Whole wheat tortilla with melted low fat cheese and salsa, orange slices

Find out if the School Breakfast Program is offered in your school. If it is, find out what types of service options are available, i.e., traditional school breakfast in the cafeteria, school breakfast in the classroom, grab n' go school breakfast, etc. Also, obtain a copy of and review the school breakfast menu with students. Encourage students to consider choosing school breakfast each morning.

Practice and Assessment

Have the class help you choose breakfasts for Bubba that include healthy choices like whole grains, vegetables, fruits, lean meats, beans, nuts or seeds, and low fat dairy products. Have a student come forward and choose one food from the *MyPyramid Go Fish Cards*. Then, have another student come forward to make a choice to go with the first student's choice. Continue until you have a completed breakfast. This can be done until all students have had a turn.

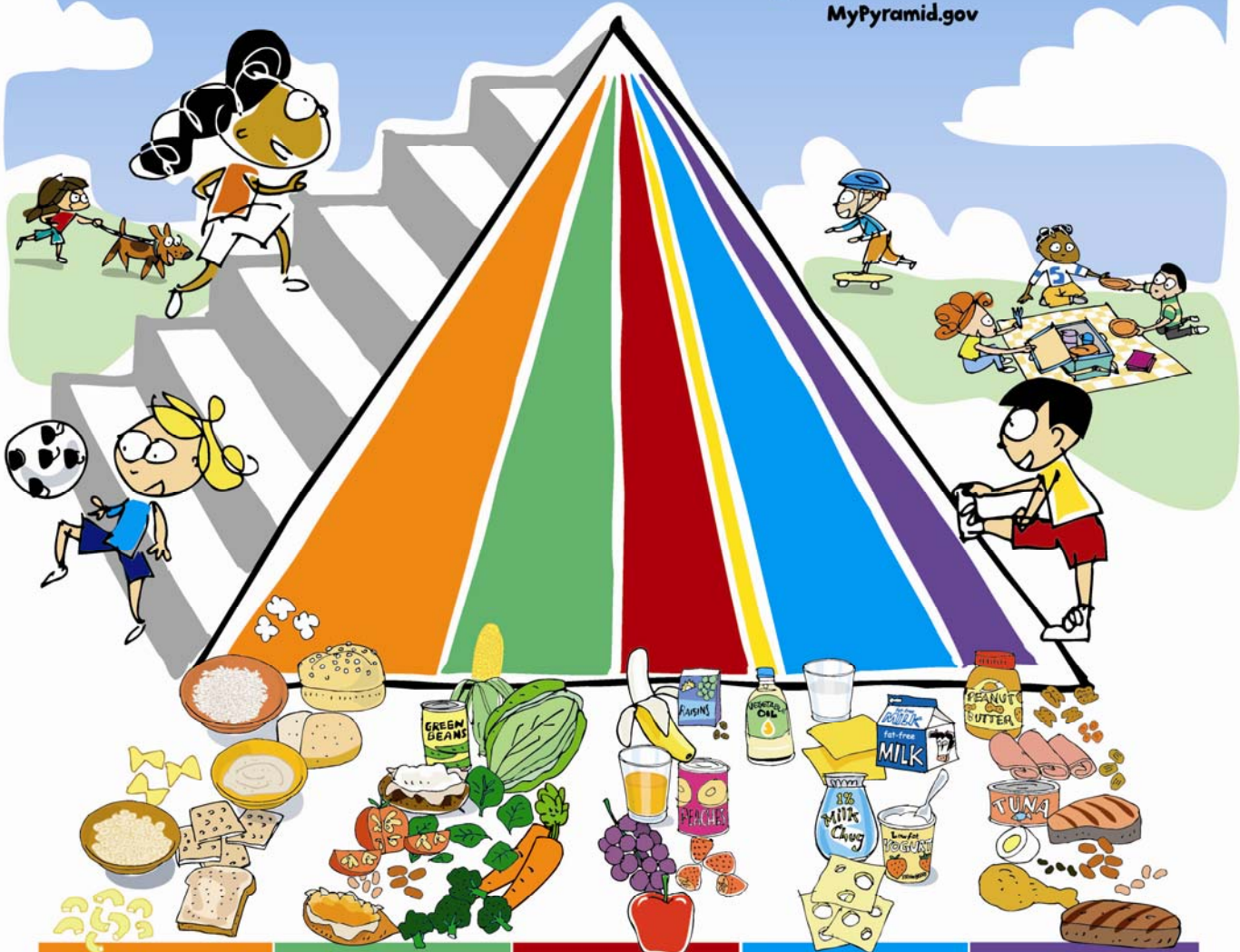
Provide each student with a plate and crayons to make his or her own *MyPlate* breakfast using healthy choices. Have each student draw and color a breakfast on his or her plate. Remind

them to include items from at least three of the Five Food Groups. The *MyPyramid Go Fish Cards* can be displayed in the room so that students can use them for ideas. Once students have completed their plates, they can share with the class. Note that if plates are unavailable the blank *MyPlate* coloring sheet can be used in this practice activity.

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

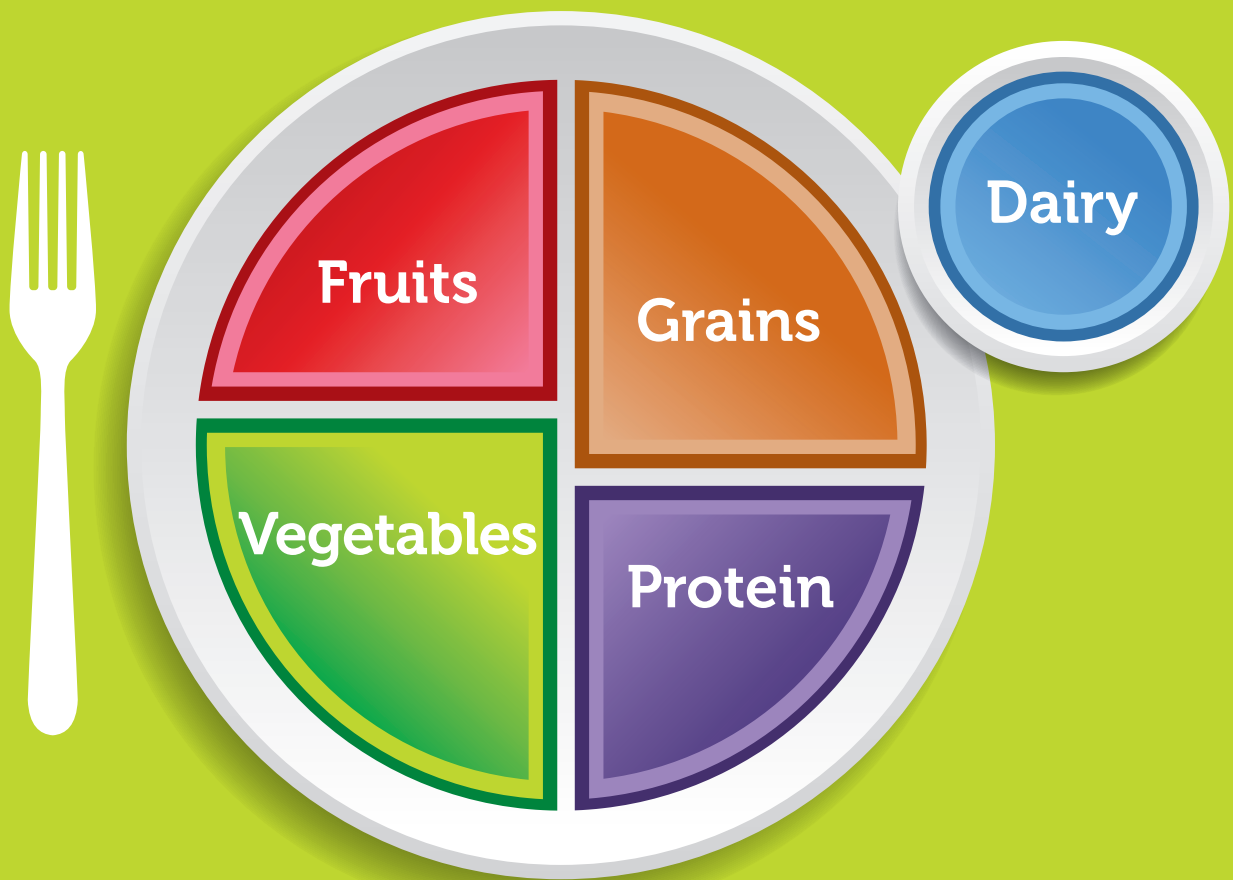
Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

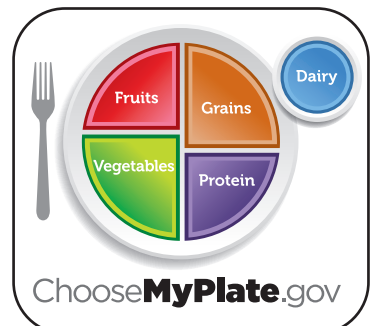
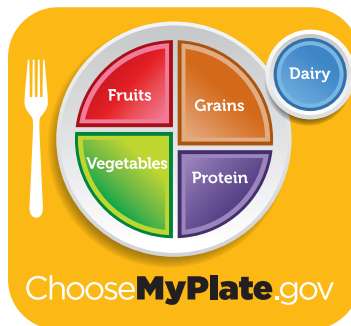
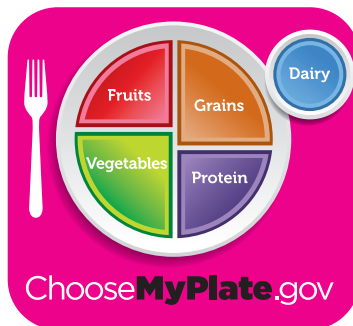
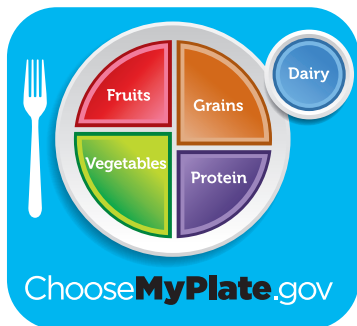
Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.





Choose**MyPlate**.gov



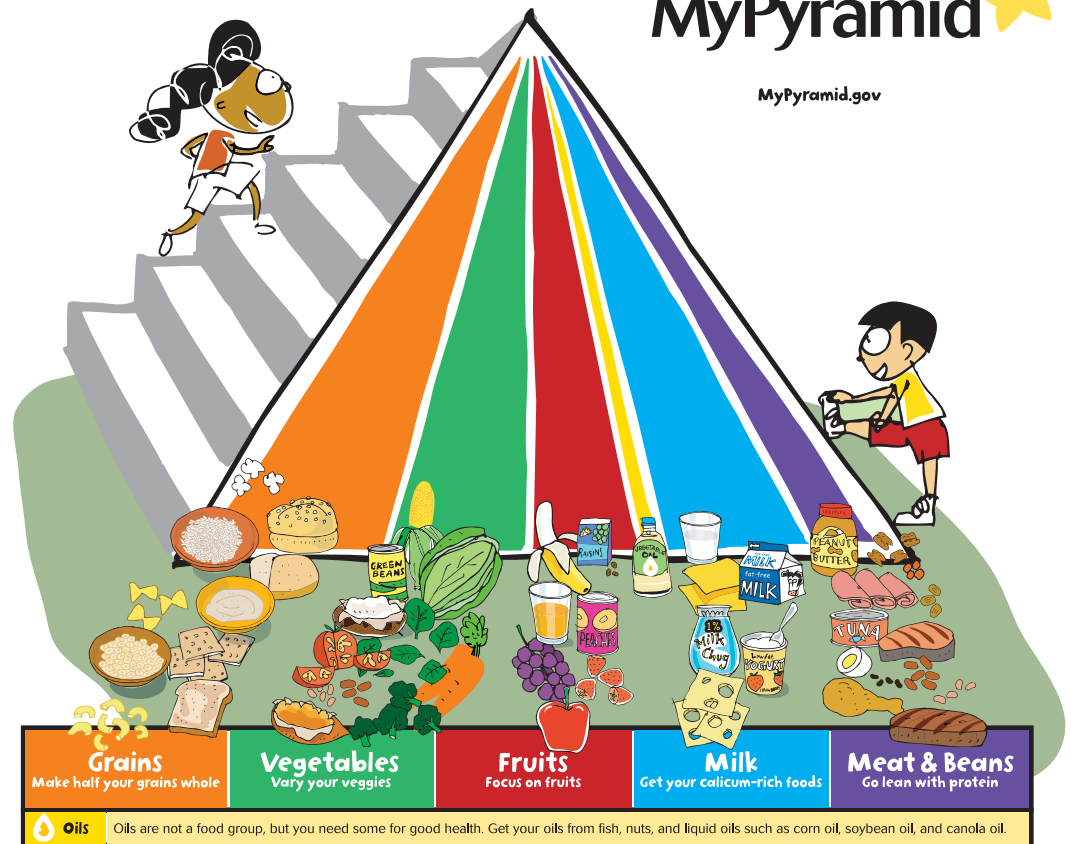
Pyramid Go Fish Instructions

Getting Ready

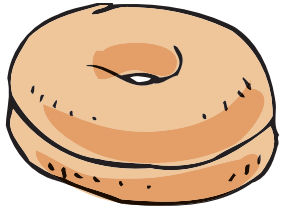
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish

- Divide the students into groups of four.
- Give each group 30 cards.
- The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.
- The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.
- If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish," and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.
- The student with the most pairs wins.

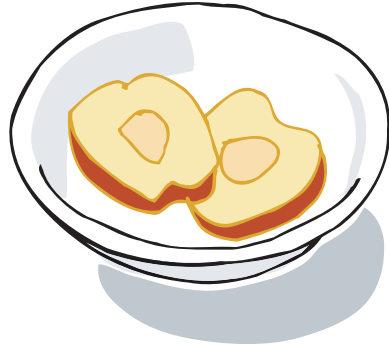


Grains



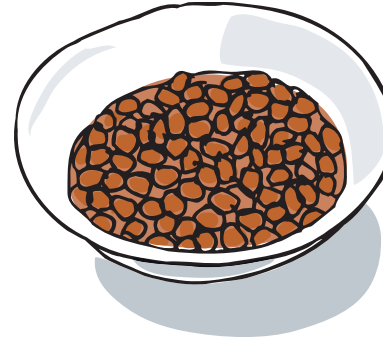
Bagel

Fruits



Baked Apple

Meat & Beans



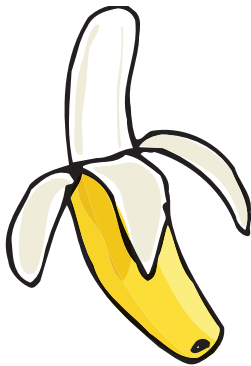
Baked Beans

Vegetables



Baked Potato

Fruits



Banana

Fruits



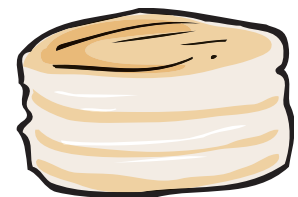
Apple

Meat & Beans



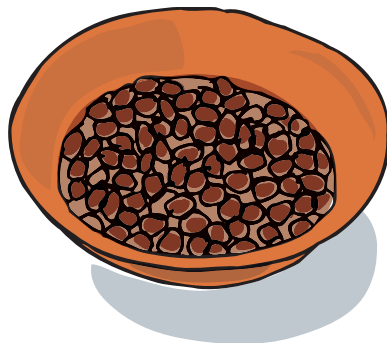
Beef Jerky

Grains



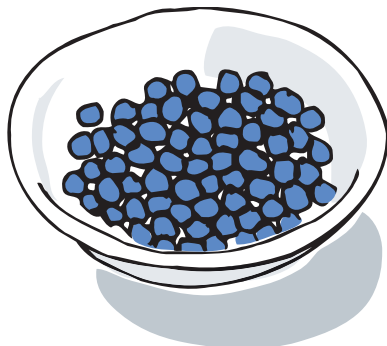
Biscuit

Meat & Beans



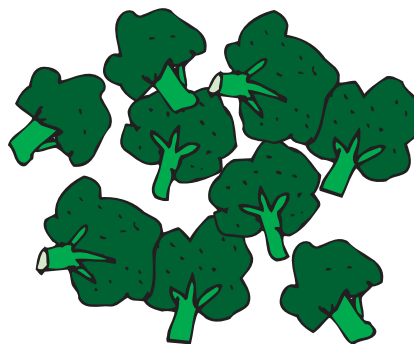
Black Bean Soup

Fruits



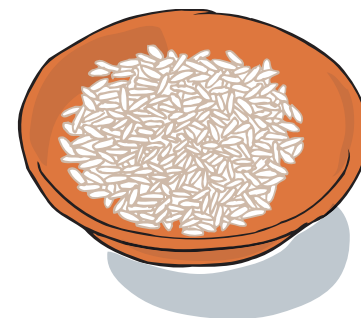
Blueberries

Vegetables



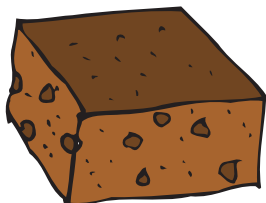
Broccoli

Grains



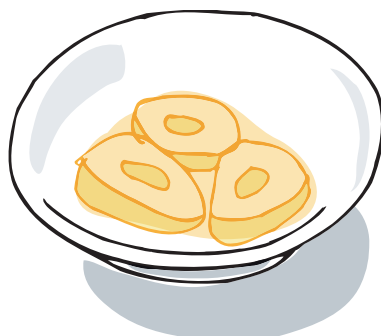
Brown Rice

Grains



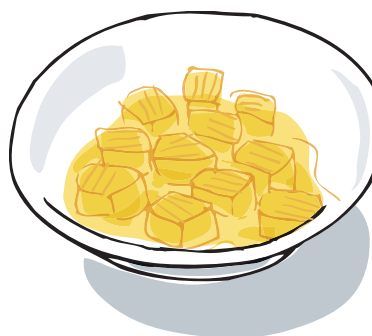
Brownie

Fruits



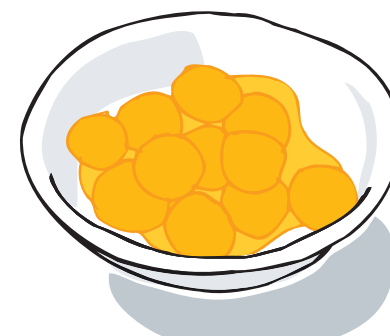
Pears

Fruits



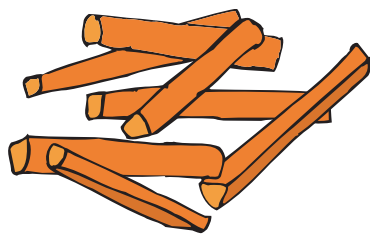
Pineapple

Fruits



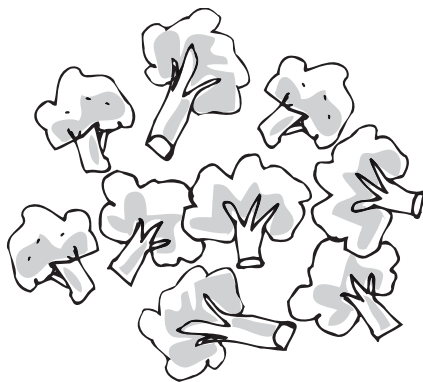
Cantaloupe

Vegetables



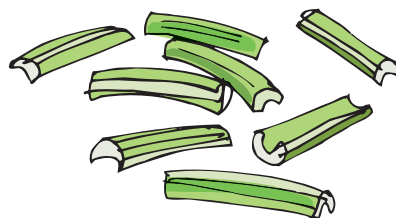
Carrot Sticks

Vegetables



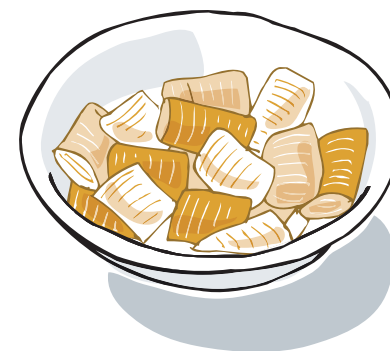
Cauliflower

Vegetables



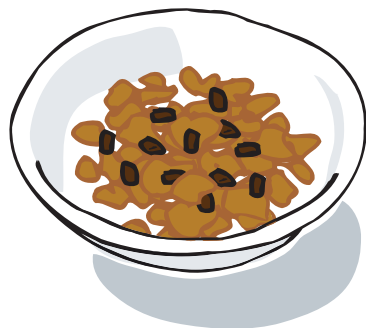
Celery

Grains



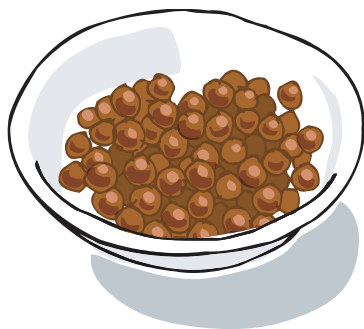
Cereal

Grains



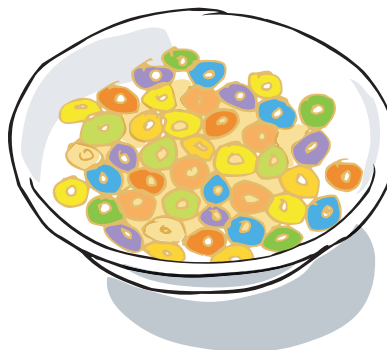
Cereal

Grains



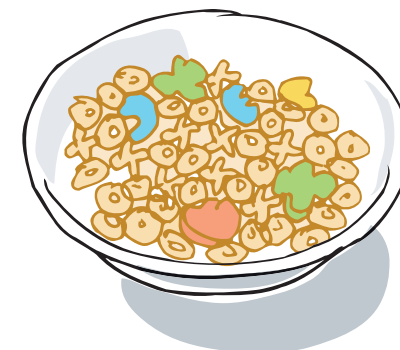
Cereal

Grains



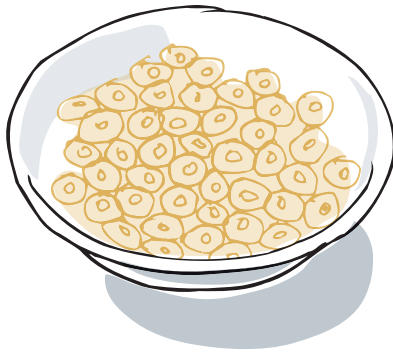
Cereal

Grains



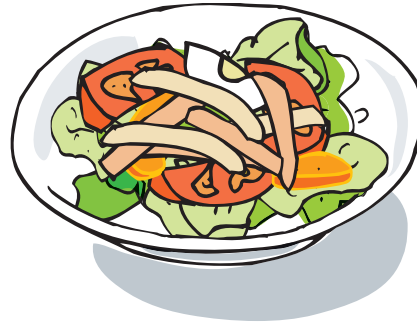
Cereal

Grains



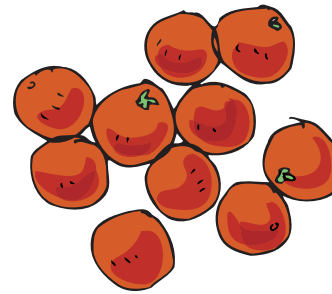
Cereal

Vegetables



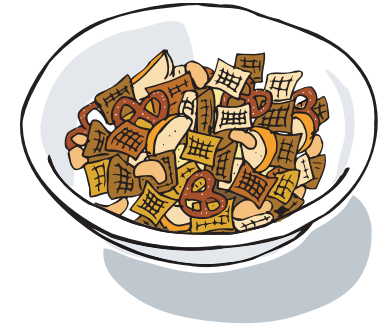
Chef Salad

Vegetables



Cherry Tomatoes

Grains



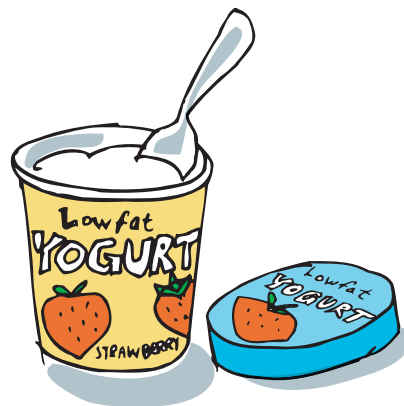
Chex Mix

Grains



Wild Rice

Milk



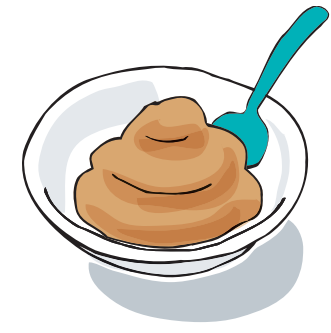
Yogurt

Grains



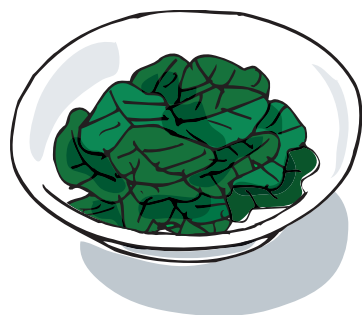
**Chocolate Chip
Muffin**

Milk



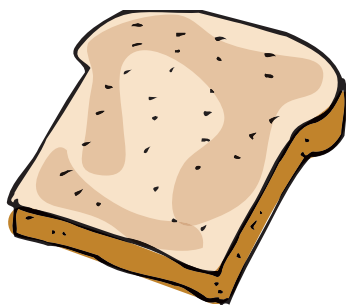
Chocolate Pudding

Vegetables



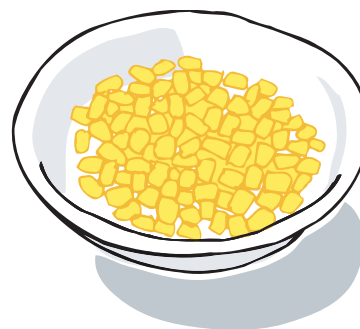
Collard Greens

Grains



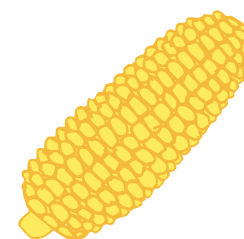
**Whole Wheat
Toast**

Vegetables



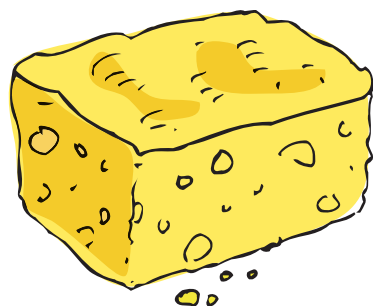
Corn

Vegetables



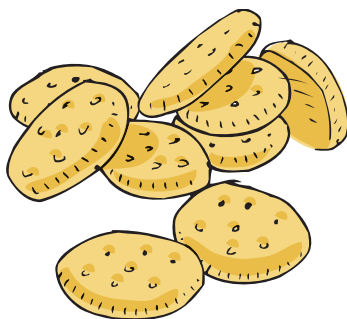
Corn

Grains



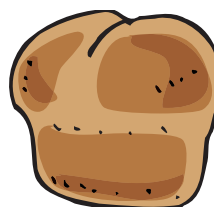
Cornbread

Grains



Crackers

Grains



**Whole Wheat
Dinner Roll**

Fruits



Dried Apricots

Grains



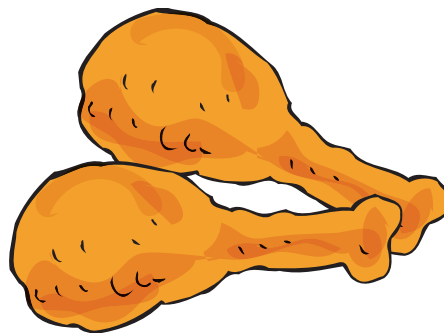
English Muffin

Vegetables



French Fries

Meat & Beans



Fried Chicken

Fruits



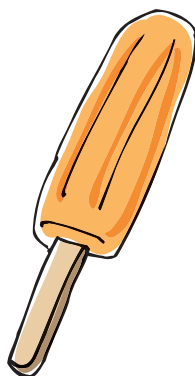
Fried Plantains

Fruits



Applesauce

Fruits



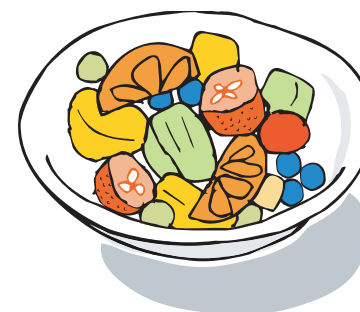
Frozen Fruit
Juice Bar

Milk



Frozen Yogurt

Fruits



Fruit Salad

Fruits



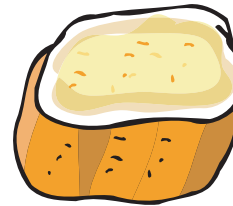
Fruit Leather

Fruits



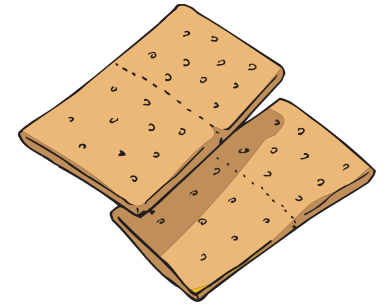
Apple Juice

Grains



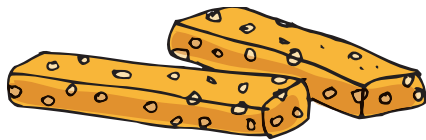
Garlic Bread

Grains



Graham Crackers

Grains



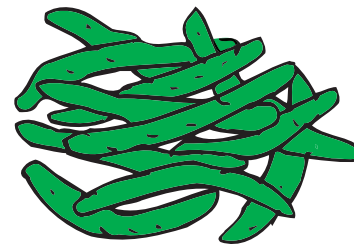
Granola Bar

Fruits



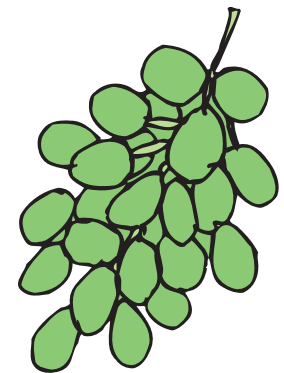
Grape Juice

Vegetables



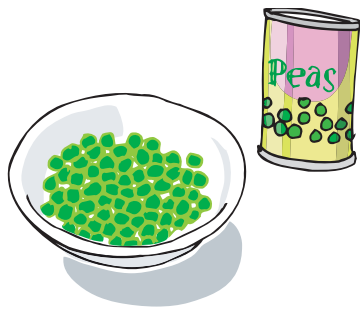
Green Beans

Fruits



Green Grapes

Vegetables



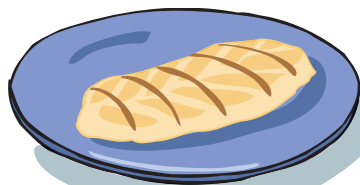
Green Peas

Meat & Beans



Grilled Chicken

Meat & Beans



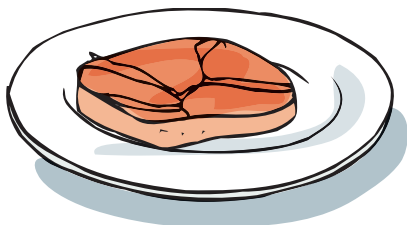
Grilled Fish

Grains



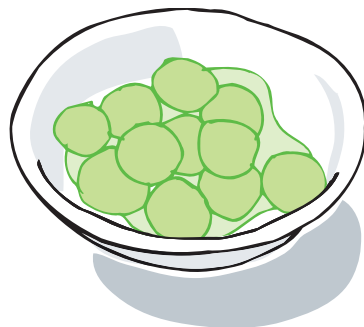
Grits

Meat & Beans



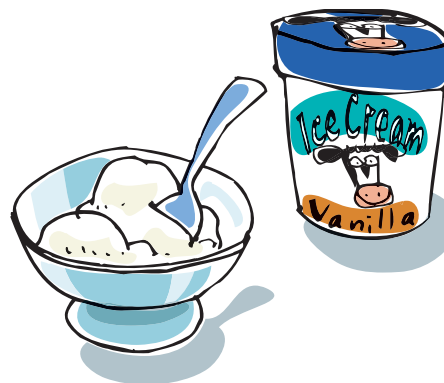
Ham

Fruits



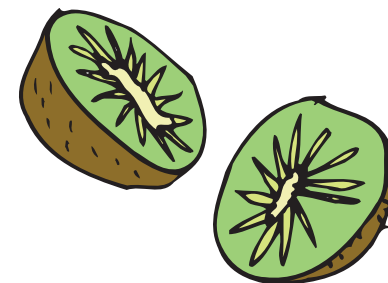
Honeydew

Milk



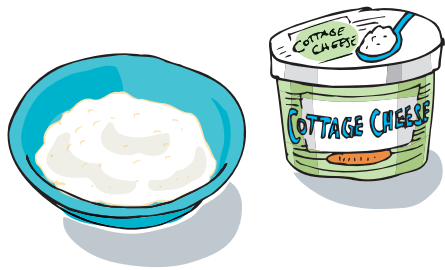
Ice Cream

Fruits



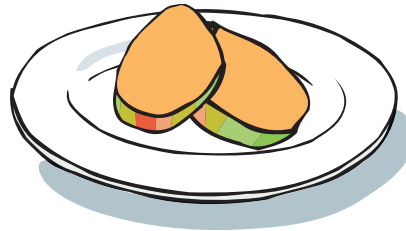
Kiwi

Milk



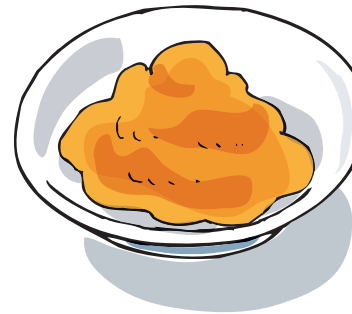
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet
Potatoes

Milk



2% Milk

Milk



Chocolate
Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Milk



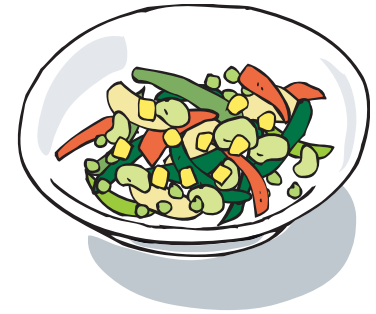
Whole Milk

Milk



Milkshake

Vegetables



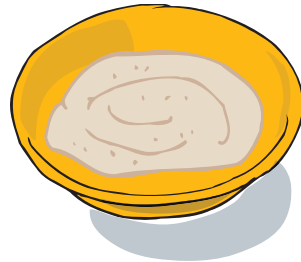
Mixed Vegetables

Grains



Animal Crackers

Grains



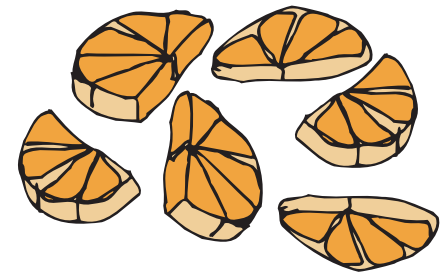
Oatmeal

Fruits



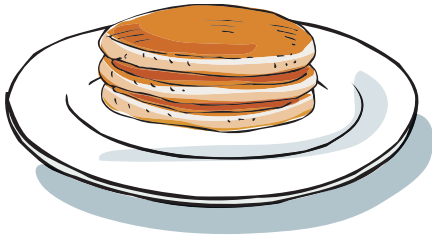
Orange Juice

Fruits



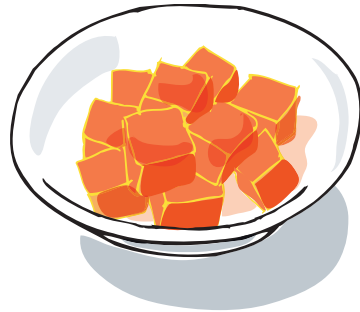
Orange Slices

Grains



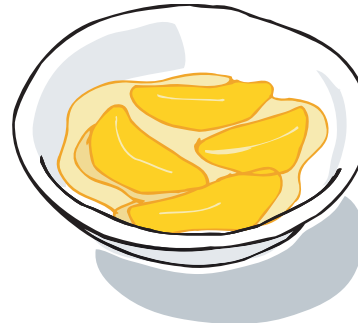
Pancakes

Fruits



Papaya

Fruits



Peaches

Meat & Beans



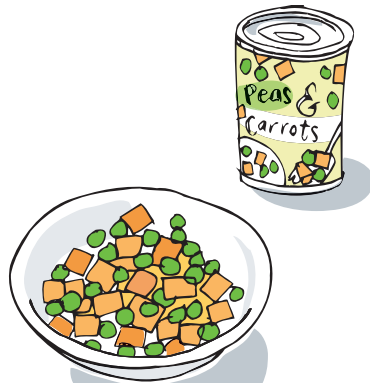
Peanuts

Fruits



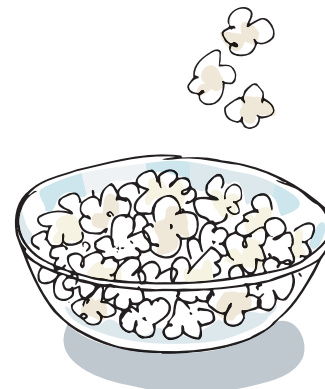
Pear

Vegetables



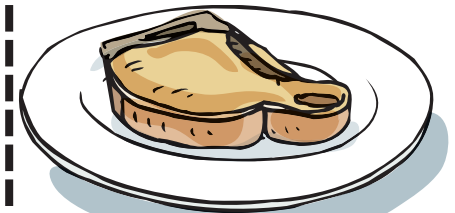
Peas & Carrots

Grains



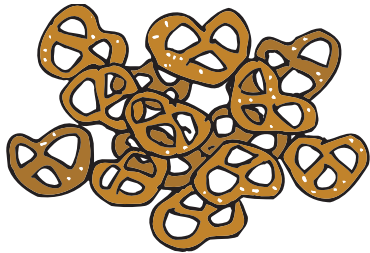
Popcorn

Meat & Beans



Pork Chop

Grains



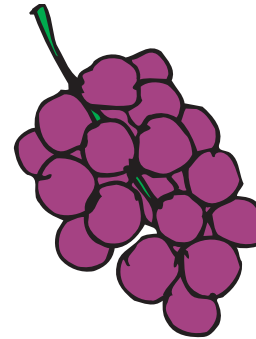
Pretzels

Fruits



Raisins

Fruits



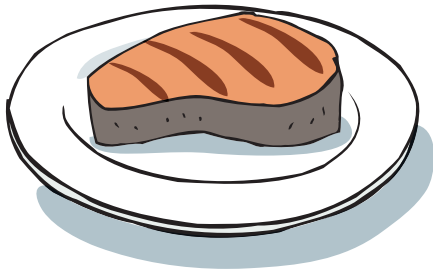
Red Grapes

Vegetables



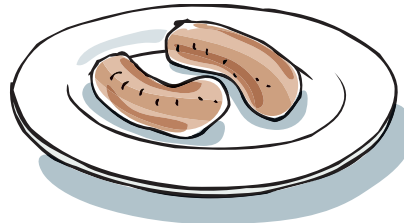
**Red & Green
Pepper Slices**

Meat & Beans



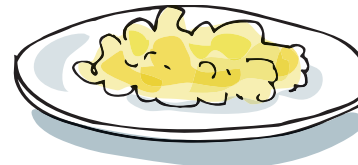
Salmon

Meat & Beans



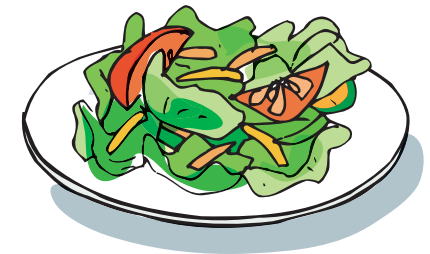
Sausage Links

Meat & Beans



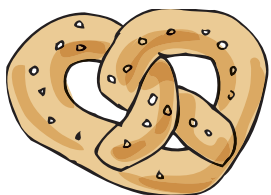
Scrambled Eggs

Vegetables



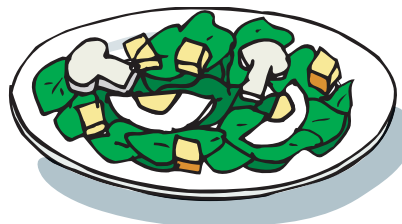
Side Salad

Grains



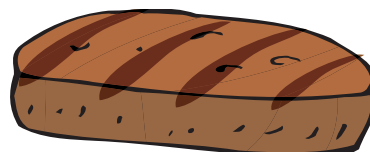
Soft Pretzel

Vegetables



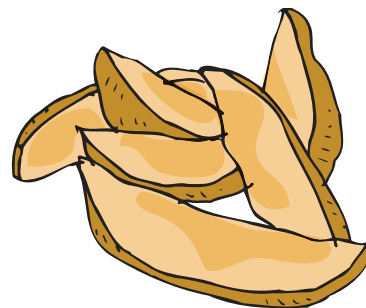
Spinach Salad

Meat & Beans



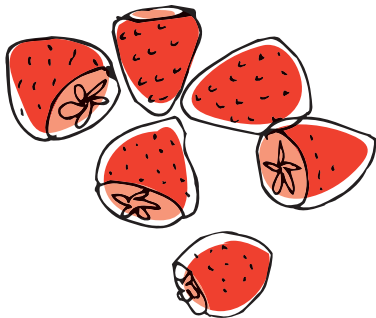
Steak

Vegetables



Steak Fries

Fruits



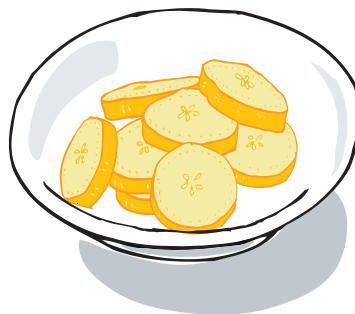
Strawberries

Milk



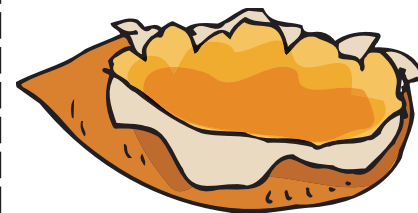
String Cheese

Vegetables



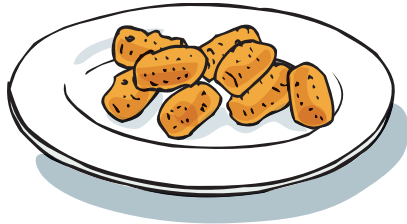
Summer Squash

Vegetables



**Baked
Sweet Potato**

Vegetables



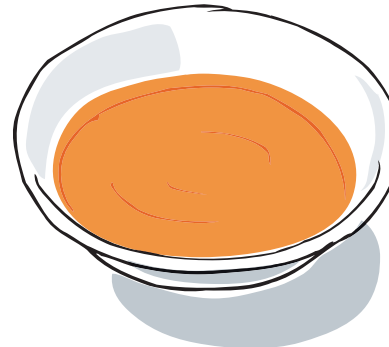
Tater Tots

Vegetables



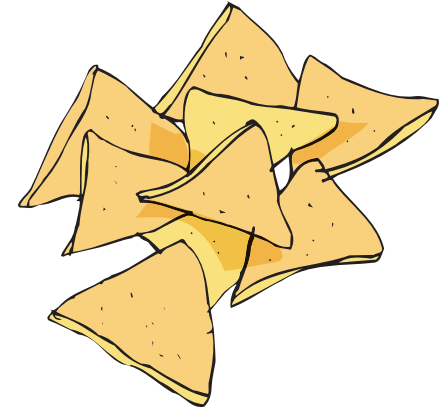
Tomato Juice

Vegetables



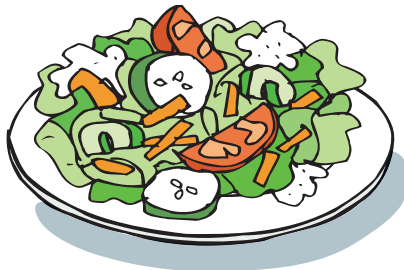
Tomato Soup

Grains



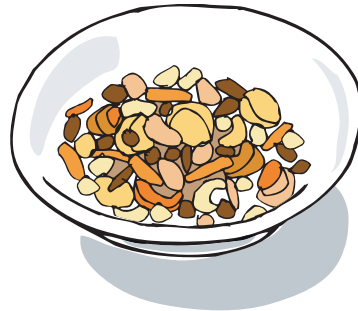
Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



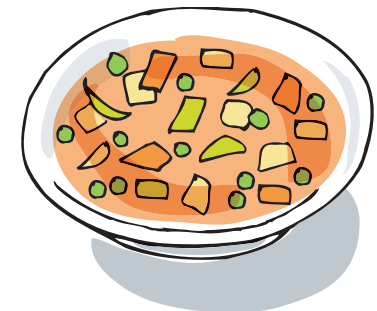
Trail Mix

Milk



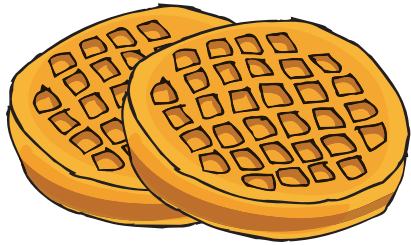
Vanilla Pudding

Vegetables



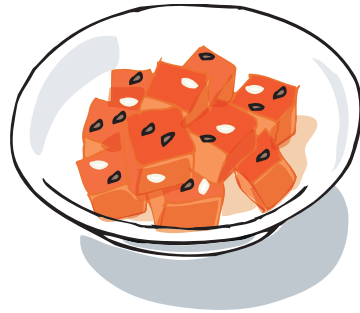
Vegetable Soup

Grains



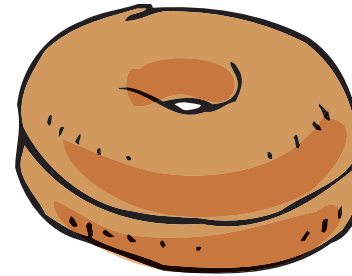
Waffles

Fruits



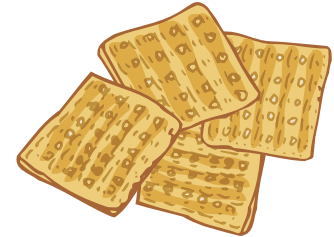
Watermelon

Grains



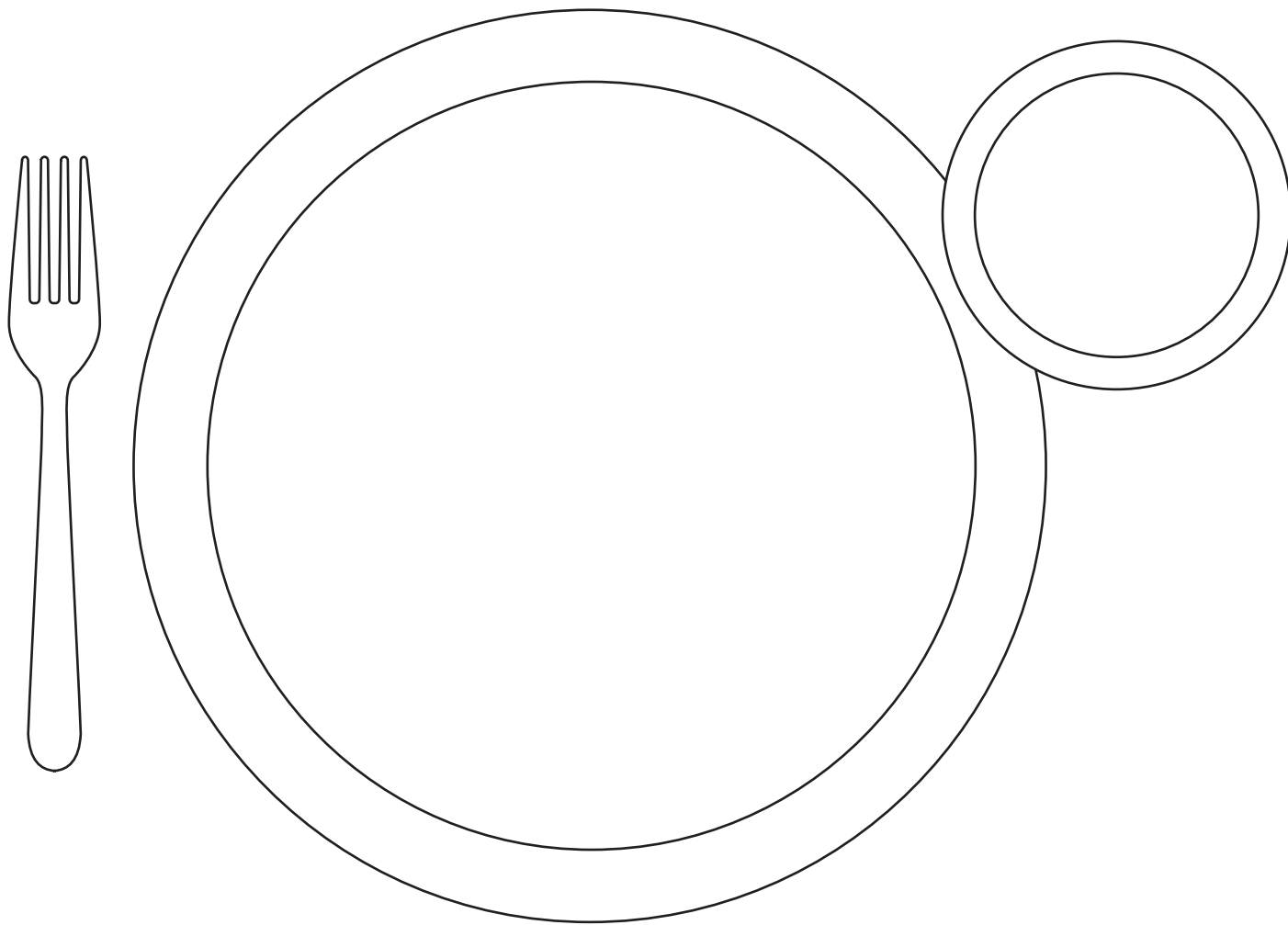
**Whole Wheat
Bagel**

Grains



**Whole Wheat
Crackers**





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