

## Grade 3

### Don't Forget Breakfast

#### Healthful Living Objective(s)

- 4.04 Demonstrate the ability to select a nutritious breakfast and describe the importance of eating breakfast daily.

#### English Language Arts Objective(s)

- 3.05 Analyze, compare and contrast printed and visual information (e.g., graphs, charts, maps).  
4.02 Use oral and written language to: present information in a sequenced, logical manner, discuss, sustain conversation on a topic, share information and ideas, recount or narrate, answer open-ended questions, report information on a topic, and explain own learning.

#### 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](http://www.nutritionnc.com)
  - *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 Protein Foods Group?*
  - *What Foods are in the Dairy Group?*
  - *What are Oils?*
- U. S. Department of Agriculture, *Using MyPlate Along with MyPyramid*, [www.ChooseMyPlate.gov/downloads/MyPlate/UsingMyPlateAlongWithMyPyramid.pdf](http://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](http://www.fns.usda.gov/cnd/Breakfast/expansion/benefitsbreakfast.pdf)

#### Material(s) Needed

- U.S. Department of Agriculture, *MyPlate* graphics slick, [www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf](http://www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf)
- School Breakfast Menu
- *Five-Star Breakfasts: Before and After* Answer Key

#### Handout(s)

- *Smart Breakfast Choices*
- *Five-Star Breakfasts: Before and After*
- U.S. Department of Agriculture, *MyPyramid for Kids* Poster, [www.mypyramid.gov/tips\\_resources/printmaterials.html](http://www.mypyramid.gov/tips_resources/printmaterials.html)
- U.S. Department of Agriculture, *MyPlate* coloring sheet, [www.choosemyplate.gov/downloads/MyPlate/ColoringSheet.pdf](http://www.choosemyplate.gov/downloads/MyPlate/ColoringSheet.pdf)

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

Ask students about reasons to eat breakfast. Probe for some of the following answers:

- Breakfast fuels the body with nutrients.
- Breakfast provides energy for the morning's activities.
- You have not eaten for eight or more hours.
- Breakfast gets you ready to learn.
- You learn better if you eat breakfast.
- Breakfast helps you keep a healthy body weight.
- Breakfast helps control the urge to nibble or eat too big of a lunch.
- Breakfast helps you feel good.
- Your stomach might hurt from hunger pangs if you miss breakfast.
- Breakfast tastes good.

### Teacher Input

Any breakfast is better than no breakfast. But a smart breakfast can get your body and brain going for a busy day and keep it going strong until lunchtime. Distribute and use the *Smart Breakfast Choices* handout to discuss what makes a smart breakfast.

A smart breakfast includes one item from at least three of the Five Food Groups:

- **Grains:** Grains get your body and brain going for the day. Try to eat more whole grains.
- **Fruit:** You can eat fresh, frozen, canned or dried fruits. Just don't drink too much fruit juice. Juices don't have any fiber. Two 4-ounce servings of juice a day is enough for kids.
- **Vegetable:** You can eat fresh, frozen, canned or dried vegetables. Just don't drink too much vegetable juice.
- **Dairy (Milk):** Milk products give you calcium and protein to make your bones, teeth and muscles strong.
- **Protein Foods (Meat & Beans):** Meat, poultry, fish, eggs, beans, nuts and seeds provide your body with protein. Protein is what you need to keep you going until lunch.

The *MyPlate* graphics slick can be displayed for the students to help them visualize the different food groups. Refer to the *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?*, and *What Foods are in the Protein Foods Group?* teacher resources for additional ideas.

Point out that another way to tell if you are eating a healthy breakfast is to use the Five-Star Breakfast rating system. Distribute the *Five-Star Breakfasts: Before and After* handout. Review

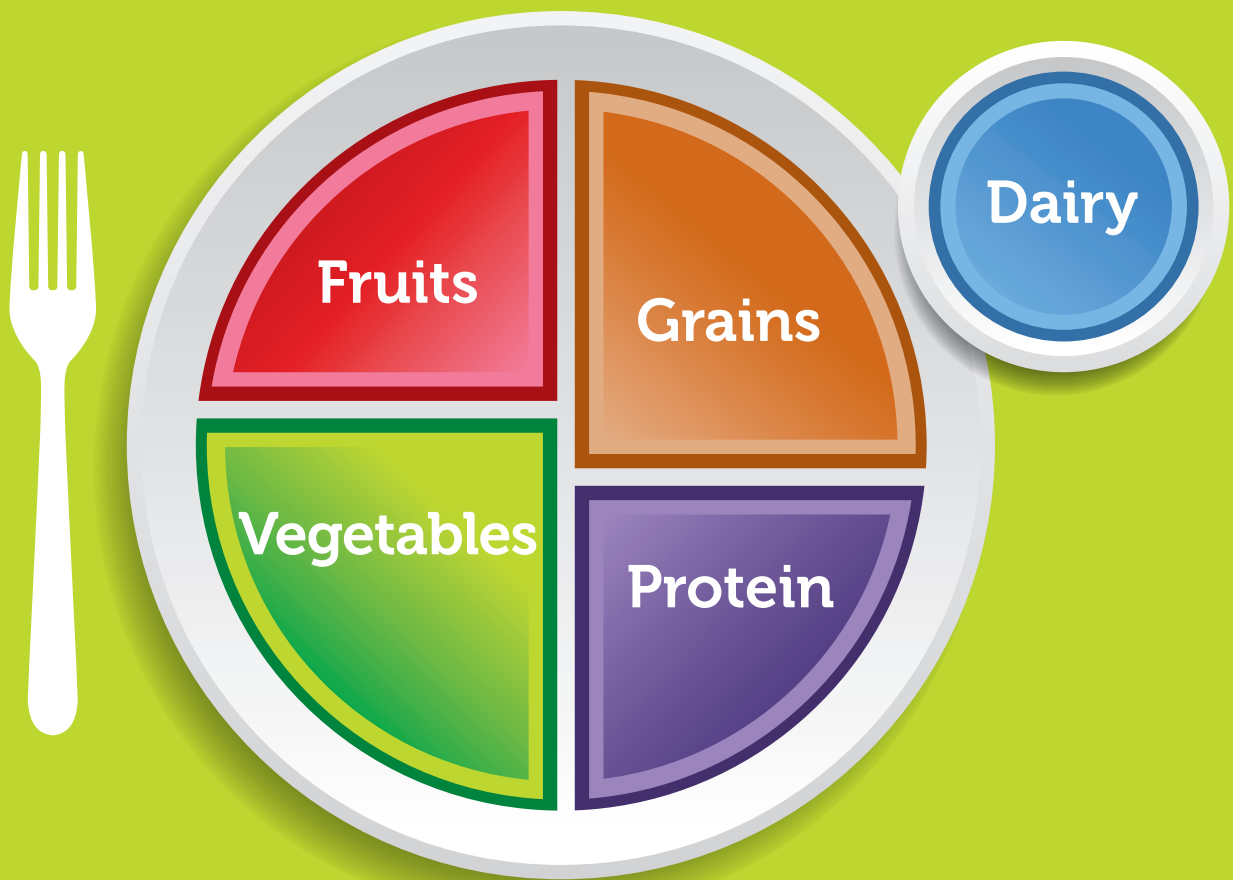
with students the rating system outlined on the handout and develop an example as a class. Refer to the example on the answer key.

### Practice and Assessment

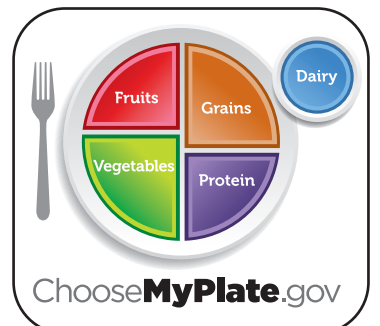
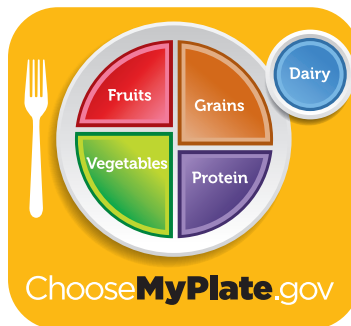
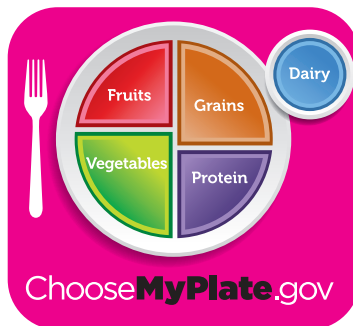
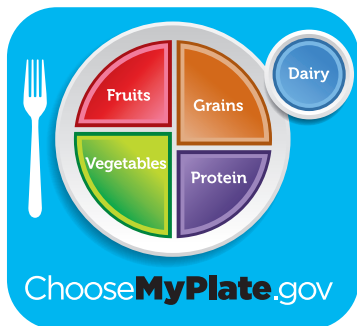
Instruct students to complete the *Five-Star Breakfasts: Before and After* handout. Distribute the *MyPyramid for Kids* handout and the *MyPlate* coloring sheet. Point out that while the symbol has changed from *MyPyramid* to *MyPlate*, both symbols remind us how to eat healthfully. Instruct students to use these and the lists on the *Smart Breakfast Choices* handout to create three different breakfast combinations that they would like to eat.

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. Share the menu with students. Students can use the school breakfast menu as a reference in completing the *Smart Breakfast Choices* handout. Encourage students to consider choosing school breakfast each morning.

Adapted from *Food for Thought: Making the Grade through Healthful Eating K-5 Curriculum*, N.C. Division of Public Health, North Carolina Nutrition Education and Training Program. Available at [www.nutritionnc.com](http://www.nutritionnc.com).



Choose**MyPlate**.gov



## Five-Star Breakfasts: Before and After – Answer Key

How can you tell if you are eating a healthy breakfast? Use the Five Star Breakfast rating system to find out.

- ★ Give yourself a star for each food from a different group of *MyPlate* (Grains, Vegetable, Fruit, Dairy, Protein Foods).
- ★ Give yourself a star for each whole grain food (read the ingredients and make sure the words "whole" or "whole grain" appear first on the list and in front of the words oats, wheat, rice or corn).
- ★ Give yourself a star for each choice that is "reduced fat" or "low fat" (such as milk or cheese).

EXAMPLE: 5 Star Breakfast

**Instant oatmeal made with skim milk and topped with cinnamon and raisins**

- 3 food groups (instant oatmeal = Grains Group, skim milk = Dairy Group and raisins = Fruit Group) = ★ ★ ★
- Instant oatmeal, like regular oatmeal, is an excellent whole grain choice and good source of fiber = ★
- Skim milk is low fat = ★

Total = ★ ★ ★ ★ ★

How many stars does each of these before and after breakfasts get?

### 1. Before:

**Frosted cereal and whole milk**

		<u>Stars</u>
How many food groups?	___2___	___2___
Is there a whole grain?	___no___	___0___
Is it low fat?	___no___	___0___
Total:		___2___

### After:

**Whole grain cereal with skim milk and fresh berries**

		<u>Stars</u>
How many food groups?	___3___	___3___
Is there a whole grain?	___yes___	___1___
Is it low fat?	___yes___	___1___
Total:		___5___

### 2. Before:

**Scrambled eggs and bacon**

		<u>Stars</u>
How many food groups?	___1___	___1___
(Remember - bacon counts as a serving from the Oils.)		
Is there a whole grain?	___no___	___0___
Is it low fat?	___no___	___0___
Total:		___1___



**Scrambled eggs, a slice of whole wheat toast and a glass of calcium-fortified orange juice**

		<u><b>Stars</b></u>
How many food groups?	___3___	___3___
Is there a whole grain?	___1___	___1___
Is it low fat?	___yes___	___1___
Total:		___5___

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**3. Before:**

**Chocolate donut and fruit drink**

		<u><b>Stars</b></u>
How many food groups?	___1___	___1___
(Remember - the fruit drink is NOT a 100% fruit juice.)		
Is there a whole grain?	___no___	___0___
Is it low fat?	___no___	___0___
Total:		___1___

**After:**

**Cake doughnut, low fat chocolate milk and apple**

		<u><b>Stars</b></u>
How many food groups?	___3___	___3___
Is there a whole grain?	___no___	___0___
Is it low fat?	___yes___	___1___
Total:		___4___

**What could you add to make this a 5-star breakfast?**

Add a hard-cooked egg for a total of four food groups - this would be a 5-star breakfast.

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**Your own breakfast**

**Write down what you ate for breakfast this morning.**

**Before:**

		<u><b>Stars</b></u>
How many food groups?	_____	_____
Is there a whole grain?	_____	_____
Is it low fat?	_____	_____
Total:		_____

**After:**

**How could you change your breakfast to make it into a 5-star breakfast?**

		<u><b>Stars</b></u>
How many food groups?	_____	_____
Is there a whole grain?	_____	_____
Is it low fat?	_____	_____
Total:		_____

# Smart Breakfast Choices



For a smart breakfast, you need one food from each category below:

- **Grains:** Grains get your body and brain going for the day. Try to eat more whole grain foods.
- **Protein or Dairy Foods:** Milk products, meat, poultry, fish, eggs, beans, nuts and seeds provide your body with protein. Protein is what you need to keep you going until lunch.
- **Fruits or Vegetables:** You can eat fresh, frozen, canned or dried fruits and vegetables. Just don't drink too much juice. Juices don't have any fiber. Two 4-ounce servings of juice a day is enough for kids.

Grains	Protein Foods & Dairy	Fruits	Vegetables
<ul style="list-style-type: none"> <li>Whole wheat tortilla</li> <li>Whole wheat bagel</li> <li>Pita bread</li> <li>Whole wheat toast</li> <li>Low fat granola bar</li> <li>Oatmeal</li> <li>Whole grain waffle</li> <li>Whole wheat cereal</li> </ul>	<ul style="list-style-type: none"> <li>Low fat (1%) or skim milk</li> <li>Low fat string cheese</li> <li>Low fat cottage cheese</li> <li>Low fat yogurt</li> <li>Peanut butter</li> <li>Hard-cooked egg</li> <li>Low fat sausage</li> <li>Canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>Raisins</li> <li>Apple</li> <li>Grapes</li> <li>Orange slices</li> <li>Kiwi</li> <li>Mango</li> <li>Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>Tomato</li> <li>Spinach</li> <li>Onions</li> <li>Peppers</li> <li>Mushrooms</li> <li>Broccoli</li> <li>Sweet potato</li> <li>Tomato juice</li> </ul>



## Winning breakfast ideas!

Use the lists above and other ideas from **ChooseMyPlate.gov** to make three different breakfasts that you would like to eat. Feel free to add your own foods. Don't forget - the goal is to have a grain, a protein or dairy food, and a fruit or vegetable.

Breakfast 1	Breakfast 2	Breakfast 3
Grain: _____	Grain: _____	Grain: _____
Protein or Dairy Food: _____	Protein or Dairy Food: _____	Protein or Dairy Food: _____
Fruit or Vegetable: _____	Fruit or Vegetable: _____	Fruit or Vegetable: _____

Name \_\_\_\_\_

## Five-Star Breakfasts: Before and After

How can you tell if you are eating a healthy breakfast? Use the Five Star Breakfast rating system to find out.

- ★ Give yourself a star for each food from a different group of *MyPlate* (Grains, Vegetable, Fruit, Dairy, Protein Foods).
- ★ Give yourself a star for each whole grain food (read the ingredients and make sure the words "whole" or "whole grain" appear first on the list and in front of the words oats, wheat, rice or corn).
- ★ Give yourself a star for each choice that is "reduced fat" or "low fat" (such as milk or cheese).

**How many stars does each of these before and after breakfasts get?**

### 1. Before:

#### **Frosted cereal and whole milk**

#### **Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

### After:

#### **Whole grain cereal with skim milk and fresh berries**

#### **Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

### 2. Before:

#### **Scrambled eggs and bacon**

#### **Stars**

How many food groups? \_\_\_\_\_

(Remember - bacon counts as a serving from Oils.)

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

### After:

#### **Scrambled eggs, a slice of whole wheat toast and a glass of calcium-fortified orange juice**

#### **Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_





**3. Before:**

**Chocolate donut and fruit drink**

**Stars**

How many food groups? \_\_\_\_\_

(Remember - the fruit drink is NOT a 100% fruit juice.)

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

**After:**

**Cake doughnut, low fat chocolate milk and apple**

**Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

**What could you add to make this a 5-star breakfast?**

1.

2.

3.

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**Your own breakfast**

**Write down what you ate for breakfast this morning.**

**Before:**

**Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

**After:**

**How could you change your breakfast to make it into a 5-star breakfast?**

**Stars**

How many food groups? \_\_\_\_\_

Is there a whole grain? \_\_\_\_\_

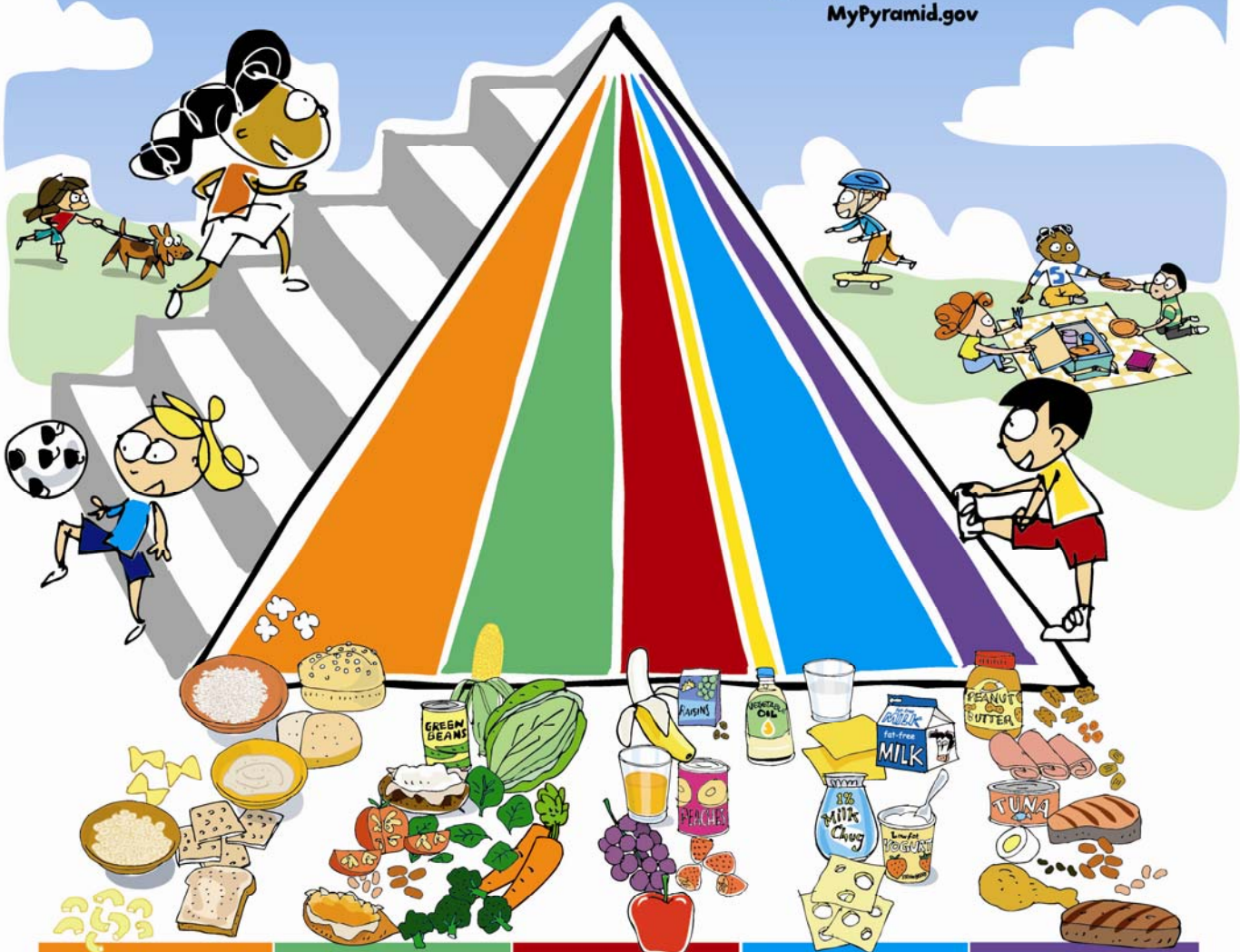
Is it low fat? \_\_\_\_\_

Total: \_\_\_\_\_

# MyPyramid For Kids

Eat Right. Exercise. Have Fun.

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<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> 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](http://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.



