

# Lesson Title: Breakfast of Champions

## Learning Objectives:

- Explain **why** eating a balanced breakfast is important
- Identify the role of breakfast in relation to academic performance

## Opening:

Open discussion: What did you have for breakfast this morning? If you normally have nothing, explain why.

## Essential Content:

### **What does a balanced breakfast look like?**

- It is a source of protein, carbohydrates and healthy fats.
- It shouldn't not be high in sugar, so beware of sugar content in pre-packaged breakfast items and drinks.
- Hydrate with water, milk, almond milk or coconut milk.
  - It is important to stay away from juice because it contains upwards of six teaspoons of sugar in only one cup.
  - It is preferable to have whole fruit over fruit juice.
- You can stick to a breakfast plan by having quick and easy options available if you are running short on time. This includes:
  - Greek yogurt with nuts
  - Smoothie

### **Examples of a balanced breakfast:**

- Ham, egg, and cheese breakfast sandwiches on an English muffin
- Scrambled eggs and fruit
- Smoothies (Greek yogurt, **one piece of fruit** & almond milk)
- Greek yogurt parfait with nuts and granola
- English muffin and peanut butter with a cup of milk

### **Student Nutrition Services and Breakfast:**

- Studies show eating breakfast improves academic performance including word recall, standardized test scores, improved learning ability, and reaction time.
- School breakfast programs improve student alertness, reduces distractions, reduces hunger headaches, reduces visits to the nurse's office, decreases behavior issues, and improves attendance.
- About half of low-income students who participate in lunch programs also participate in breakfast programs.  
Roadblocks to be aware of:
  - Barriers cause some low-income students to not participate in breakfast. Examples of these barriers include tardiness, bus schedules, and long lines.
  - In some cases, students would rather socialize with their friends than eat breakfast in a cafeteria. They might also fear being identified as a "poor kid" if they participate in the free breakfast.
  - Solutions: Provided breakfast in the classroom and/or free breakfast for everyone to remove the label (CEP).

*Goal of breakfast programs is to remove barriers for children eating breakfast.*

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**Results from Breakfast in the Classroom Survey:** An increase in breakfast participation (85 percent):

- 🕒 Fewer reports of student hunger (61 percent)
- 🕒 Fewer tardy students (40 percent)
- 🕒 Improved student attentiveness (37 percent)
- 🕒 Improved school (34 percent) and classroom (35 percent) environments
- 🕒 Fewer visits to the school nurse (18 percent)
- 🕒 Fewer disciplinary referrals (16 percent)
- 🕒 Decreased absenteeism (13 percent)
- 🕒 Improved standardized test scores (13 percent)
- 🕒 Improved reading test scores (11 percent)
- 🕒 Improved math test scores (10 percent)
- 🕒 Improved cognitive test scores (6 percent)

## School Breakfast Programs:

- Two different menus depending on where students pick up their meal:
  - Hot breakfast in the cafeteria
  - Grab –n- Go breakfast/breakfast in the classroom
- Full price of breakfast meals is \$1.50

## Activity:

**Guided Practice:** Review the nutrition labels for common breakfast items. Are they balanced? What is lacking? Is there anything that is over the recommended amount?

Examples:



High in sugar, low in protein, and healthy fats  
Switch out for a low sugar cereal and add hard-boiled egg



High in sugar and low in protein  
Add Greek yogurt

**Independent Practice:** Pick the better breakfast option out of the two choices and explain why it is the better option.

## Closure:

What could you change about your current breakfast to make it more balanced?