

Great Starts

Target Audience:

Adults

Topics:

Quick, Low Cost Breakfast To Improve Your Mind & Your Weight

The participants will:

- for their first meal of the day eat any kind of healthy food, even if it is not a typical breakfast food, within eight to twelve hours of their last meal
- pack food to eat while in transit and when in a hurry, like fresh and dried fruits, dried cereals, juices, bagels and yogurt
- limit high-fat breakfast choices, like sausage, bacon, croissants and cream cheese
- consume foods that are high in calcium at breakfast, like yogurt, milk, fortified cereals and juices and hot chocolate made with milk
- eat at least one grain food at breakfast, like bagels, cereal, pancakes, French toast, grits, toast and oatmeal
- eat at least one fruit or vegetable at breakfast, for example, vegetable omelets or breakfast burritos, banana slices or dried fruits on cereal and juice

Great Starts

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Purpose:

The participants will learn quick and easy ways to make breakfast a part of their day and why it is good to do so.

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What The Nutrition Educator Needs To Know So That Participants' Questions Can Be Answered:

The Need For Breakfast

You may have heard that it is good to eat breakfast. It's true! Your body needs to refill its energy after 8 to 12 hours without a meal or a snack.¹ Starting your day with breakfast gives you energy for the rest of the day. Like fuel in a car, energy from foods keeps your body running.

Breakfast Benefits

Studies have shown that eating breakfast can help you and your children at work and school by:

- helping you or your children score higher on tests.^{1,2}
- making you or your children more alert and awake.³
- making you or your children less grumpy and giving you a better attitude.¹
- helping you or your children do tasks that require memory, think more clearly, concentrate better and solve problems more quickly and easily.¹

Breakfast is also good for you because it:

- makes you and your children more likely to get what the food and nutrients you need each day from each food group. You can find what you need at:

www.choosemyplate.gov Breakfast skippers may never make up the nutrients they miss.¹

- keeps you or your children from feeling hungry by mid morning and lowers the chance of stomach growling.
- helps you and your children prevent morning snacking on less healthy foods like doughnuts and pastries, which may keep you from having a healthy weight.¹
- will give muscles the fuel they need to get through a morning workout.⁴
- makes you a role model for young children which may make them more likely to eat breakfast. Children tend to model their older family members and care givers.⁵

Why Some People Do Not Eat Breakfast

You may be the kind of person who skips out on your early morning meal. Many people do. Read below to find out why no excuse is a good excuse when it comes to skipping breakfast.

Trying to lose weight.

Many people believe that skipping breakfast is a good way to control their weight. But, studies have shown that eating breakfast is good for people who want to lose weight. Eating breakfast helps you to be less hungry for snacks before lunchtime.¹ Not eating breakfast may lead to overeating. Frequent overeating can lead to weight gain and possibly obesity.¹ Overeating can be avoided if you stop hunger pangs before they start by eating breakfast each morning.

Not hungry in the morning.

You can still get all of the benefits of eating breakfast by having a light meal like a handful of cereal or a piece of fruit or a smoothie. You can wait a little while to eat, as long as you eat something within 8 to 12 hours of your last meal.¹

Do not like eating breakfast foods.

Breakfast does not have to be made up of typical breakfast foods like eggs, bacon, cereal, bagels, oatmeal and pancakes. A good breakfast food can be anything healthy that is eaten when you wake up. If you do not like common breakfast foods, you can enjoy a peanut butter and jelly sandwich, grilled cheese, pasta, chili, rice and beans, left over pizza-with healthy toppings of course! Or any of your other favorite healthy dishes.

Do not have time in the morning to make breakfast for me or my children

If you do not have time in the morning, you can make breakfast the night before and set it aside in the refrigerator. You can then take breakfast with you and eat

on the go. When you go food shopping try to buy foods that do not take a long time to cook or prepare. Some fast and easy breakfast ideas are:

- bagels;
- yogurt;
- fruit;
- hard-boiled eggs;
- cottage cheese cups;
- grilled cheese made with low-fat cheese;
- low-sugar cereal or cereal bars;
- trail mix; **Note to Educator – see Happy Trails to You lesson**
- low-fat peanut butter on whole wheat toast; and
- leftovers like pizza-with healthy toppings of course or rice and beans.

Exercise in the morning.

Eating breakfast before a morning workout is sure to make you a winner. Breakfast refills your energy reserves and gives your muscles fuel for the workout.⁴ Working out without enough energy can make you feel dizzy or lightheaded. Eating breakfast will allow you to exercise harder and for longer because your muscles will have the energy to keep going.⁴ Keep in mind that eating too much or too close before working out may make your stomach upset. Be sure to leave some time between breakfast and your workout.

Why Teens Especially Need to Eat Breakfast

As many as 1/3 of all teens do not eat breakfast. We know that breakfast can⁶:

- Increase your energy
- Help you think better when you are in class
- Improve your concentration so you can get better grades
- Help you keep a healthy weight.

The Dietary Guidelines for Americans or DGAs tell us that if they do not eat breakfast children and adolescents are much more likely to be overweight.⁷ There are studies that show if you eat breakfast it is easier to lose weight and keep it off. There is also a study that found that teens that did not eat breakfast were at higher risk for metabolic syndrome later in life.⁸ Metabolic syndrome can increase the risk for heart disease. Metabolic syndrome includes people who have abdominal obesity, high blood pressure and high fasting blood sugar which can put you at higher risk for diabetes.⁸ Having breakfast can help you avoid these problems.

The percentage of adolescents aged 12–19 years who were obese increased almost 21% in the last 30 years. In fact, studies are finding that teens have a large increase in risk factors that can lead to adult chronic diseases like diabetes, heart disease and some cancers.⁹ The way you learn to eat as a child and in your teens often is the way you will eat as an adult. If you have bad eating habits and are

overweight or obese as a child it is likely you will be the same as an adult.¹⁹ If kids start eating healthy and being active at an early age they can help themselves become healthier as adults.⁹ Remember we said above that skipping breakfast can lead to overeating and too much snacking which can cause weight gain. Getting in the habit of eating breakfast when you are young means you will have good habits as you get older.

Getting enough calcium is also very important for growing teens. However, according to a large government study in 2006 only 42% of boys and 10% of girls get enough calcium in their diet.¹⁰ The teen years are the most important time for bone health. In fact you build almost half of your adult bone mass during the teen years.¹¹ The bone mass children and teens build is very important in making sure they have healthy bones for life and are at less risk for osteoporosis when they are adults. This is especially true for teen girls. Osteoporosis is when bones become fragile and break easily. Getting enough calcium is key so that teens will have strong bones as they age. “The more they can put away when they're young, the longer it should last as they get older.”¹²

Eating breakfast is a good way to get more calcium in your diet. **Note to the Educator:** *see breakfast ideas above that contain foods from the dairy group.*

Breakfast Foods

MyPlate can help you plan a healthy breakfast. They can tell you the amount and types of foods that you should eat each day and how your plate should look at each meal. Be sure to check out your personal Daily Food Plan at www.choosemyplate.gov to learn how much you need from each food group.

Food Groups

MyPlate can help you make healthy and balanced breakfast choices. A balanced breakfast includes foods from many food groups. The groups are:

- grains
- vegetables
- fruits
- dairy
- protein

We will now talk about foods to eat for breakfast in each food group.

1. The Grains Group

Grain foods are in the orange part of MyPlate. Healthy breakfast foods from this group include:

- bread
- low-sugar cereals
- rice
- pasta
- grits
- tortillas
- oatmeal

Grain foods give your body energy. Most people eat enough grain foods. Most people do not eat enough **whole** grains. Whole grains have more vitamins, minerals and fiber than regular grain foods. Eating whole grain foods that are rich in antioxidants, vitamins, minerals and fiber like whole grain bread, oatmeal, brown rice and whole grain pasta may lower your risk of heart disease, diabetes and certain cancers like colon cancer.^{13,14} Make sure half of your grain servings each day are whole grain.

2. The Vegetables and Fruits Groups

On the MyPlate the green section is vegetables and the red section is fruits. We will be talking about them together in this lesson because MyPlate recommends that half your plate be veggies and fruit. Eat a variety of vegetables and fruits each day and be sure to include them in your breakfast. They give your body many of the vitamins and minerals it needs to stay healthy. Eating vegetables and fruits may help lower your risk of heart disease, diabetes and certain types of cancer.^{15, 16}

Watch out for breakfast foods like fruit pies or streusels and hash browns. Although these foods may seem healthy, but they are processed foods that are high in solid fat and added sugar. Choose these foods less often. On the other hand, vegetables and fruits like apples, oranges, bananas, peaches, carrots, celery, cherry or grape tomatoes, peppers and mushrooms are perfect for breakfast. They are healthy, you can eat them on the go and it does not take much work to prepare them.

3. The Dairy Group

The blue cup on MyPlate is the Dairy Group. Foods in this group include milk, yogurt and cheese. Low-fat or fat-free milk versions of these foods are best. Choose low-fat and fat-free most of the time. Foods in this group are very good because they give you calcium which your body needs.

Calcium:

- builds strong bones and healthy teeth;
- keeps your gums healthy;

- helps your blood clot;
- allows your muscles to contract every time you move;
- helps your nerves carry messages through your body;
- can lower your risk of osteoporosis;^{17,18}
- may lower your risk of high blood pressure;¹⁸
- may lower the risk of getting kidney stones;¹⁸
- may lower the risk of lead poisoning in children; and¹⁹
- may lower your risk of colon cancer.¹⁸

4. *The Protein Group*

The purple section on MyPlate is the Protein Group. It has foods that supply your body with the protein your body needs to build muscle and keep your organs strong.

Protein-rich animal and plant foods are found in the Protein Group. Plant foods in this group include beans, peas, lentils and nuts. Animal foods from this group include meat, fish, poultry and eggs. Look out for meats like sausage and bacon when choosing your breakfast because they are usually high in saturated and total fat and sodium too. Low-fat or lean meats and poultry are best. They make better breakfast choices. You could also try turkey bacon or turkey sausage because they are lower in fat than bacon or sausage.

Salt

Often salt is added to foods when they are cooked and when they are processed. Many people add extra salt to foods by shaking it on foods at the table for taste. Most Americans eat much more salt than they need or that is healthy for them. If you eat too much salt over a long period of time, you will increase your risk of high blood pressure.²⁰ High blood pressure is also known as hypertension. High blood pressure can lead to strokes, heart attacks, heart failure and kidney failure.²¹

Watching your salt intake should start at breakfast. Make your breakfast low in salt:

- choose low-sodium cheeses, soups and sauces.
- limit how much salt you sprinkle on foods.
- choose low-sodium packaged meats like sausage.

Added Sugars

Added sugars are sugars and syrups that are added to foods and drinks when they are processed. Sugars are high in calories and have practically no vitamins and minerals. Foods with a lot of added sugar are called sometimes foods.

These foods are treats because they are higher in solid fat, added sugar and salt they can have a lot of calories. Most people do not need many high calories foods

and eating too many can make you gain weight. These foods and their calories are extra. This is why foods like these foods are called sometimes foods. You should only eat them once in a while and in small portions.

Solid Fats

Solid fats are fats that are solid at room temperature, like butter, margarine or shortening. Solid fats contain saturated and trans fats. Eating too much solid fat can raise your LDL cholesterol in your blood, which increases your risk of heart disease. Eating any amount of trans fat is bad for your heart health.

We need oils but not too much.

Oils are fats that are liquid at room temperature. They are high in vitamin E and healthy fats that may lower your LDL cholesterol which is food for heart health.²² Do not eat too much of these oils and eat the ones that are the best for your body like:

- Canola oil;
- Olive oil; and
- Peanut oil or other nut oils.

Good oils are also found in foods like nuts, fish, olives, and avocados. These are foods that you can fit in a healthy breakfast.

Just remember even for breakfast, we want to eat less food that is high in solid fats and added sugar (SoFAS) the sometimes foods.

Sometimes foods are foods like:

- doughnuts
- some muffins
- home fries or hash browns
- full fat cream cheese
- syrup
- butter

Limit how much of these foods you choose.

What's For Breakfast?

A lot of people eat cereal, milk and fruit for breakfast. Here are some other tasty breakfast ideas you can use to jump-start your day:

- Make English muffin pizzas with tomato sauce and low-fat cheese. Top with vegetables and fruits such as canned pineapples, peppers or mushrooms.
- Make small pancakes and serve with a scrambled egg.

- Make yourself a sandwich for breakfast while making your children's sandwiches for lunch.
- Eat leftovers like pasta or rice.
- Make a smoothie with fat-free yogurt, fruit juice and your favorite fruits.
- Cut fruits that you like into small pieces, place on a baking sheet and freeze. Enjoy them as frozen breakfast treats or in your smoothie!
- Add peppers, broccoli, tomatoes, mushrooms, onions and low-fat cheese to an omelet.
- Have a slice of whole grain toast with low-fat cream cheese or margarine that does not have trans fat in place of doughnuts, croissants or muffins.
- Use non-fat or 1% low-fat milk or low-fat cream or half and half instead of whole milk or cream in coffee or tea. Use an artificial sweetener like Equal or Splenda to sweeten coffee and tea without adding calories.
- Sweeten cereal, toast, pancakes or French toast with fruit or cinnamon instead of syrup, butter or jam.

For Vegans who eat no animal foods and anyone else:

- Eat leftover rice and beans
- Peanut butter or other nut butter on a rice cake
- Hummus on whole wheat bread or cracker

Any food can be a breakfast food. Heat up and use leftovers from the night before. This is a quick way to make breakfast in the morning. You can make a homemade trail mix and keep it in smaller bags and grab it on the run.

Another good way to get breakfast, **especially for teens** that are always on the go, is trail mix. The trail mix recipe below starts with calcium enriched cereal as a base it is also low in solid fat and added sugar. Foods like almonds, walnuts and pumpkin seeds also have calcium. Other things you can add which also have calcium are:

- soy nuts
- dried chick peas
- dried figs
- yogurt covered raisins

Breakfast Trail Mix

- 6 cups of any low-sugar calcium fortified cereal*
- ½ cup of almonds or walnuts
- ½ cup of pumpkin seeds
- ½ cup of yogurt covered raisins
- ¼ cup roasted soy nuts
- ¼ cup of dark chocolate chips

* Look for cereal that says calcium enriched and cereals with DV for calcium of 10% or more. Check the nutrition label on the package.

Good for breakfast on the go with calcium that is low in solid fat and added sugar!

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For Additional Reading:

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Great Starts

Main Themes:

Nutrition and Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

Materials Needed:

Activity 2

Laminated MyPlate poster

Breakfast cards—to make, see below

Sticky tape or mounting putty or some other way to

Index cards

Colored dots or other stickers, red, yellow and green that will easily peel off the MyPlate poster

Activity 3

Hand sanitizer

Handouts: Breakfast Smoothie and Burrito Recipes—1 recipe per participant

Note: These recipes make 4 servings. Participants will only be sampling the foods, not having full servings. But, if needed, adjust the recipe for more or less participants.

Breakfast Smoothie:

1¹/₂ cups low-fat yogurt (plain is best)

³/₄ cup calcium-fortified orange juice

2 cups of 1 or 2 kinds of sliced fresh, frozen or canned fruit in its own juice—look for what is in season!

¹/₄ cup dry crunchy cereal if you like – low sugar cereal is best

Paper or plastic cups—1 per participant

Measuring cups

Blender or spoon and bowl

Note: If you do not have a blender, you can still make this recipe by using the back side of a spoon to mash the fruit in a bowl.

Breakfast Burrito:

4 eggs (optional)

4 small tortillas

¹/₄ cup peppers, chopped

¹/₈ cup onion, chopped

1/4 can beans like pinto or black
1/3 cup low-fat shredded cheese
Salt and pepper
Cooking spray
Measuring cups
Salsa, if you like
Plates—1 per participant
Plastic forks and knives
Pan or electric skillet if you will be cooking eggs and do not have access to a stove
Can opener

Preparation Needed Prior To Lesson:

Breakfast Cards – option to use some of the dairy council foods and if you like include foods that have not been eaten by participants or are not the usual breakfast foods so that participants who don't eat breakfast will have a larger selection of foods to choose from.

1. Use the participants' diet recalls to pick out common foods and drinks that they have for breakfast.
2. Write 1 food or drink on each index card. For example, write the word “eggs” on 1 index card if eggs appear on the participants' diet recalls. Repeat for all common foods and drinks.
3. You may want to make more than 1 card for popular items, like coffee or orange juice, since more than 1 person may choose these.

Time The Activities Are Expected To Take:

Before You Begin: 2-5 minutes
Activity 1: 10-15 minutes
Activity 2: 15-20 minutes
Activity 3: 20-25 minutes
Next Week's Goals: 5 minutes

Great Starts

Lesson Plan:

Before You Begin: (2 - 5 minutes)

1. Set up separate stations at the front of the room for the recipes you will be making during the lesson. If you do not have access to an oven or stove, you will need to use an electric skillet to make the burritos if you use eggs. Do not turn on the skillet yet. Place the burrito ingredients on a desk or table on 1 side of the room. Set up the blender and the smoothie ingredients on a desk or table on the other side of the room.
2. Tape the MyPlate poster on a chalkboard or wall in the front of the room.
3. Lay out the breakfast cards and about 30 pieces of sticky tape or mounting putty on the table.
4. Ask the participants if they worked on their goals from the last lesson. Ask them which goals they worked on and how or what they did to work on them. Try to get people to tell the class what they did. If they did not work on the goals, ask them to work on them before the next class.
5. Tell the participants what the objectives are for today's lesson.

Activity 1: "Why Eat Breakfast?" (10 - 15 minutes)

1. Tell the class that today you are going to be talking about why it is important to eat breakfast every day.
2. Go around the room and have the participants tell the group whether or not they eat breakfast. If a participant says that they eat breakfast, ask them what their favorite breakfast foods are.
3. Ask the non-breakfast eaters why they do not eat breakfast.

Answers will vary. Participants may say that they do not eat breakfast because they:

- *do not like breakfast foods;*
- *are trying to lose weight;*
- *do not have time to make breakfast;*
- *are not hungry in the morning; or*

- *exercise in the morning.*

4. Ask the class if they can think of some reasons why breakfast is important.

Answers will vary. If they do not mention the following, tell the participants that studies have shown that eating breakfast can help you at work and school by:

- *helping you or your children score higher on tests*
- *making you more alert and awake.*
- *making you less grumpy and giving you a better attitude.*
- *helping you do things that require you to think more clearly, concentrate better and solve problems more quickly and easily.*

Breakfast is also good for you because it:

- *makes you more likely to meet your personal food group recommendations and nutrient needs which you can find at choosemyplate.gov. Breakfast skippers may never make up the nutrients they miss*
- *keeps you from feeling hungry by mid morning and lowers the chance of stomach growling.*
- *helps you lose weight and keep it off more easily*
- *helps prevent morning snacking on less healthy foods like doughnuts and pastries, which may help with weight loss.*
- *will give your muscles the fuel they need to get through a morning workout.*
- *makes young children more likely to eat breakfast because children tend to model their older family members and care givers.*
- *helps teens reduce the risk for metabolic syndrome which can increase the risk of heart disease and diabetes.*
- *is a way for teens to add calcium to their diet*
- *helps lose weight and keep it off more easily*

5. Ask the breakfast eaters how they feel when they go without breakfast.

Answers will vary. Participants may say that:

- *they feel tired, hungry or cranky;*
- *they cannot concentrate well;*
- *their stomachs growl;*
- *they do not have a lot of energy; or*
- *they have trouble thinking clearly.*

6. Tell the class that after 8 to 12 hours without a meal or a snack, your body needs to refill its fuel or energy. You can refuel after a night's rest by eating breakfast. This will give your body the energy you need to make it through the day.

7. Ask the participants who do not eat breakfast if any of them can think of foods they would be willing to try for breakfast now that they have heard how important it is to eat it. If you are teaching a class with teens remind them that this is a good way to get calcium if they eat the right foods (see foods in background information) and also avoid health problems like metabolic syndrome when they get older.

Thank the class for sharing. Tell them that for the rest of the class they will be learning how to use MyPlate to make healthy choices for breakfast.

Activity 2: "The Breakfast Plate" (15 - 20 minutes)

1. Lay out the breakfast cards on a table in the front of the room.
2. Ask each participant to choose a food and a drink from the food cards that they have eaten for breakfast. If any of the participants do not eat breakfast, have them choose a food that they may be willing to eat for breakfast.
3. Tell the participants that they are going to see where their breakfasts fall on MyPlate. Tell the class that each colored section MyPlate represents a different food group. Tell the class that they should only choose foods that are high in solid fat and added sugar sometimes.
4. Ask the class if they can tell you some foods that are high in solid fat and added sugar that they might eat for breakfast;

Answers will vary but should include: pop tarts, sugary cereal, bacon, sausage, full fat cheese, whole milk, donuts, cinnamon buns, fried potatoes

5. Ask them if they can think of some reasons why they should choose these foods less often.

Answers will vary. These foods should be eaten only once in awhile because sugary and fatty foods, foods high in added sugar and fat are often high in Calories and low in vitamins and minerals and may be associated with higher risk for heart disease and other health issues.

6. Give the class a few minutes to think about where each food they chose for breakfast falls on MyPlate. Tell the class that if, for example, they chose a cheese omelet for breakfast, they would have to put cheese in the correct group on MyPlate and the eggs in the correct group on MyPlate. They should also tell you if the food is high in solid fat and added sugar.

7. Ask for a volunteer to tell you where his or her breakfast fits into MyPlate. Place a colored dot in the food group each time a food from that group is mentioned. If the food is low in fats and sugars, place a green the dot in the food group on MyPlate. If the food is high in fats and sugars, place a red dot in the food group section on MyPlate. Using the previous example of the cheese omelet, the cheese would go in the Dairy Group and the eggs would go in the Protein Group. One green colored dot would be placed in the Dairy Group, if the cheese was low fat or no fat but a red dot would be placed on MyPlate of full fat cheese was eaten. Another red colored dot would be placed in the Protein Group, if the egg is fried or a green dot the egg is hard boiled or scrambled in a non-stick pan or with little or no fat or oil.
8. Help the participants place their breakfast foods into the right food groups as needed. Participants may use the wrong color dot for foods like hash browns, pork sausage, bacon and pork roll. If so, tell them that sausage, bacon or pork roll would get a red dot in the Protein Group. If these foods were made with a lean meat like turkey or the package says low-fat, then these foods would probably get a yellow dot because they are still processed and while they may be lower in fat, they most likely high in sodium and have some added fat. Hash browns are fried and should get a red dot in the Vegetables Group.
9. After everyone has had a turn to place their breakfast foods in the right groups on MyPlate, ask the class which food group most of their choices were in. Ask them to tell you if most of the colored dots were red, yellow or green. Ask them what they think about what they are seeing.

Answers will vary. Depending on the class, there may be more a red dots, more yellow dots or more green dots. Participants may mention that there are not enough green dots. Tell the class that a really healthy breakfast has:

- *foods that are low in solid fats and added sugar*
- *few or no foods that are highly processes and/or high in sodium*
- *foods from at least three different food groups*
- *(if working with teens) a source of calcium*

10. Ask the class why foods like bacon, doughnuts, sausage, pancakes and muffins get red dots.

Answers will vary. Participants should say that these foods have a lot of added fat and sugar in them. If you did not already mention this, tell the class that people often think certain foods are healthier than they really are. Participants may think that hash browns get a green dot, in the Vegetables

Group and that fruit pastries get a green dot in the Fruits Group. When most of a food's Calories come from fat or sugar, and are high in sodium they should be eaten only once in awhile.

11. Tell the class that it is also important to watch how much salt you are eating at breakfast. Ask the class if they can think of ways to limit how much salt they eat at breakfast.

Answers will vary. You can make your breakfast low in salt if you:

- *choose low-sodium cheeses, soups and sauces.*
- *sprinkle less salt on your foods.*
- *choose low-sodium packaged meats like sausage.*

12. Ask the participants to name some breakfasts that they may be willing to try that include green dot foods. Tell them that they can also name changes that they would be willing to make to their favorite breakfast foods to make them healthier.

Answers will vary. Ideas might include:

- *Make English muffin pizzas with tomato sauce and cheese. Top with vegetables and fruits such as canned pineapples, peppers or mushrooms.*
- *Make small pancakes and serve with a scrambled egg (teens can add a glass of milk).*
- *Make yourself a sandwich while making your children's sandwiches for lunch (teens can add cheese or a glass of milk for more calcium)*
- *Eat leftovers like pasta or rice.*
- *Make a smoothie with fat-free yogurt, fruit juice and your favorite fruit (especially good for teens).*
- *Cut any of fruits that you like into small pieces, place on a baking sheet and freeze. Enjoy them as frozen breakfast treats!*
- *Add peppers, broccoli, tomatoes, mushrooms or onions to a cheese omelet.*
- *Have a slice of whole grain toast with light cream cheese or margarine in place of doughnuts, croissants or muffins.*
- *Use non-fat or 1% low-fat milk or low-fat cream instead of whole milk or cream in coffee or tea. Use an artificial sweetener like Equal or Splenda to sweeten coffee and tea without adding Calories.*
- *Sweeten cereal, toast, pancakes or French toast with fruit or cinnamon instead of syrup, butter or jam.*

13. When you are done, you can point to a poster of MyPlate and remind them to use it when deciding what they will eat for breakfast. **Note: if you are working with teens urge them to try and add a food from the dairy group so that they can get all the calcium they need each day.**

If you like you can ask the class to tell you if what the foods they eat in their breakfast matched MyPlate. Remind the class that we do not always eat from all the food groups so looking at MyPlate may not always work. It can be a guide for how your plate might look at breakfast. Most important is that veggies and fruits make up half of your plate. Of course this does not always happen at breakfast. However, it is recommended that we have foods from at least 3 food groups for breakfast.

14. Ask the class to go back to their breakfast foods. Ask how many ate a breakfast with food from 3 food groups. Then ask the class if anyone had a breakfast with foods from more than 3 food groups.

Activity 3: "A Breakfast of Champions" (20 - 25 minutes)

1. Tell the participants that today they will be making breakfast smoothies and/or burritos (*it is the educators' choice whether to make one or both – for teens be sure to include smoothies*) so that they can see how easy it can be to make a healthy breakfast. These foods are also great to eat on the go if they do not have enough time to eat at home.

Note to educator: If making either of these recipes in class is not possible at your site, have the option of making them ahead of time and sharing with the class and let them know in step 1 that you will be sharing some breakfast food with them. You can skip to step 4, read the recipe instructions and follow the rest of the activity directions.

2. Ask the participants to either wash their hands with soap and warm running water or use hand sanitizer before they begin cooking.
3. Ask the class members to raise their hands if they would like to be first to try the burrito. Ask this group to go to the burrito station. Repeat for the smoothies and ask this group to go to the smoothie station. If you only make one of these then you do not have to ask class to raise their hands and chose which to try first. If you decide to do both and too many participants pick 1 of the groups, ask some of them if they would be willing to participate in the other group in order to make the groups more even. If you make both then tell them they will get to taste both the smoothies and the burrito, but you need people to help make both.
4. Pass out the burrito recipe to the burrito group and the smoothie recipe to the smoothie group, if you are making both. Ask the participants to follow along

as you read the directions for both recipes aloud to the class. Ask each group if they have any questions.

5. After each group has finished making its recipe, ask everyone to be seated. Have a volunteer from each group pass out samples of the burrito and/or smoothie to everyone in the class who would like to taste the foods. After everyone has tasted both recipes, ask for reactions.
6. Begin a discussion about the breakfast foods made today. If you made the smoothie, ask the class how the smoothie fits in MyPlate.

Answers will vary. Participants should mention that the smoothie has cereal from the Grains Group (if you chose to include that ingredient); low-fat yogurt from the Dairy Group; and calcium-fortified orange juice and fruits like strawberries or bananas from the Fruits Group. These foods would all get green dots because they are low in added fats and sugars and high in vitamins and minerals.

7. If you made the burrito, ask the class how the burrito fits on MyPlate.

The burrito is made with a corn or flour tortilla from the Grains Group; onions and peppers from the Vegetables Group; low-fat cheese from the Dairy Group; and beans and eggs (if you used them) from the Protein Group. These foods will also get green dots because they are low in added fats and sugars and high in vitamins and minerals.

8. Ask the class if they would be willing to make these breakfasts at home. If they would, ask them if they would change anything. Ask them what changes they would make. If any of the participants would like a copy of either recipe, be sure to bring some to handout.

Next Week's Goals: (5 minutes)

1. Ask participants to name one thing that they learned in today's class that they will use. Make sure that each learning objective was mentioned, and if not, be sure to re-state that objective. Remind them to work on meeting their new goals they set today before the next class. Let them know that they will be asked what changes they made at the next class.
2. Invite comments, suggestions or questions.
3. Thank the participants for coming and tell them what the next lesson will be about.

For The Teacher: "What Makes This Lesson Behaviorally Focused?"

- Activity 1 is behaviorally focused. The participants that eat breakfast discuss their current breakfast behaviors. After talking about the benefits of eating breakfast, the participants that normally do not eat breakfast are asked if there are any foods they would be willing to try for breakfast.
- Activity 2 is behaviorally focused. The participants use MyPlate to come up with breakfast ideas that they are willing to eat that include foods that get green dots and limits foods that get red dots which are higher in fats and sugars.
- Activity 3 is behaviorally focused. Participants prepare and taste healthy breakfast foods and place the ingredients in MyPlate food groups. Those willing to make them at home are given the recipes.



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BREAKFAST SMOOTHIES

Makes 4 servings

Ingredients:

1½ cups low-fat yogurt – plain is best

¾ cup calcium-fortified orange juice

2 cups of 1 or 2 kinds of fresh or frozen or canned fruit in its own juice of your choice—Look for what is in season!

¼ cup dry crunchy cereal, if you like

Directions:

1. Wash fresh fruit by rinsing with cool water and slice into small pieces on clean cutting board. Place in blender.
2. Add yogurt and calcium-fortified orange juice to blender.
3. Cover blender and blend on high speed about 30 seconds or until smooth.
4. Pour into cups and sprinkle dry cereal over top.
5. Serve right away.

Note: If you do not have a blender, you can still make this recipe. Use the back side of a spoon to mash up the fruit in a bowl. Stir in the yogurt and orange juice. Pour the mixture into cups and serve with cereal on top, if you like.



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BREAKFAST BURRITOS

Makes 4 servings

Ingredients:

4 eggs – if you like
4 small tortillas
1/4 cup peppers
1/8 cup onions
1/4 can beans
1/3 cup low-fat shredded cheese
Salt and pepper
Cooking spray
Salsa, if you like



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Directions:

1. Wash pepper and peel onion.
2. Chop pepper and onion and measure out right amount of each. Set aside.
3. If using eggs:
 - Crack eggs and place in bowl.
 - Use fork to scramble the eggs.
 - Spray skillet with cooking spray.
 - Pour eggs into skillet on medium heat and cook until solid.
 - Add peppers and onions to skillet and cook on low heat for about 2 minutes. Add salt and pepper to taste.
 - Open can of beans and spread about 1/4 of a can over the tortillas
 - Sprinkle low-fat cheese on top
4. If not making eggs:
 - Open can of beans and spread about 1/4 of a can over the tortillas
 - Place peppers and onions on top of beans.
 - Sprinkle with low-fat cheese.
5. Wrap the burrito or fold in half. Microwave or place back on skillet for about 1 minute to melt cheese.
6. Serve with salsa, if you like.



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