

Arizona Nutrition Network Lesson Plan

Type of Nutrition Education Class/Activity:

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| <input type="checkbox"/> Classroom Lesson | <input type="checkbox"/> Game |
| <input checked="" type="checkbox"/> Community Presentation | <input type="checkbox"/> Food Demonstration |
| <input type="checkbox"/> Physical Activity and Nutrition message | <input type="checkbox"/> Other |

Class Location: _____ Date of Lesson: _____

AzNN Partner Class Instructor: _____

Title of Lesson: Nibbles for Health - **Why Breakfast?**

Estimated Class Time: 30 – 45 minutes

Lesson Goal:

1. To understand the importance of breakfast.
2. To learn ways to implement breakfast into their daily routine.

Arizona Academic Standards: N/A

Lesson Objectives: (Use SMART = Specific, Measurable, Achievable, Realistic, Time Specific)

1. Participant will name one benefit of eating breakfast.
2. Participant will name one food they would find easy to eat for breakfast.
3. Participant will name one way they could make time for eating breakfast.

Materials and Preparation: (List and attach lesson handouts/reinforcement items and evaluation form for class presentation)

1. Handout Nibble for Health #5
2. Flip chart and marker
3. Small papers and pencils
4. Optional : Food Demo
 - Recipe (smoothie)
 - Recipe ingredients
 - Supplies: sample size cups, spoons, napkins, etc

ERI: TBD

Brief SNAP Outreach Message: “The Supplemental Nutrition Assistance Program provides assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.”

Sequence of lesson/script (Relate to each objective)

Prepare the room ahead of time. Arrange chairs in an open circle if possible. Make a separate flip chart sheet for each discussion topic.

I. Introduction

Each person can introduce themselves / their children and name something that they like to eat for breakfast. I'll start. My name is _____ and I really like to have ____ for breakfast.

We are talking about breakfast today and our class will be interactive so we encourage your participation. Feel free to ask questions. This should last about 30 minutes and is designed for everyone in the family – not just mom!

II. Benefits of Breakfast

Studies show that up to 30% of adults and children skip breakfast. So before we get started, let's take a few minutes and think about the benefits of eating breakfast. You will each get a paper and a pen. (Pass out the paper and pens.) After you have thought of some benefits of eating breakfast, write down 2 ideas.

Who would like to tell us the benefits you noted? *List these benefits on the flip chart as people name them. Probe with "What other benefits could I add to this list?" Try to get at least 6 benefits from the large group.*

Possible benefits

- Do better in school / work – children learn better if they eat breakfast.
- Better concentration
- More creative
- Better memory
- Healthier weight
- Behave better
- Feel and work better – provides food energy for the morning's active play.
- Eat without over eating – Breakfast helps control the urge to nibble or eat too big of a lunch. As a group, those that eat breakfast have a more desirable BMI and lower rate of obesity.
- More patient
- Feel better – children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.
- Other meals eaten during the day do not compensate for vitamins and minerals missed when you skip breakfast. People who eat breakfast have higher daily intakes of Vitamin D, B12, thiamin, riboflavin, niacin, folate, calcium and iron

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Studies show that people who eat breakfast have higher intakes of many vitamins and minerals, do better in school and are less likely to become overweight. What did you find interesting or surprising about this?

III. Breakfast Food Ideas

Now, think of breakfast foods and write down 2 foods to eat for breakfast. Ask yourselves, “Does food for breakfast have to be breakfast food?”

Please share with me some of the food ideas you noted. *List these food ideas on the flip chart as people name them. Probe with “What types of food do we have on this list?” “Does food for breakfast have to be breakfast food?” Try to get at least 6 types of foods from the large group.*

Possible foods

- Cereal with fruit and low fat milk
- 4 oz juice with hardboiled egg
- Raisin toast with peanut butter
- Quesadillas
- Bran muffin
- Bagel or English muffin with cream cheese
- Oatmeal with cinnamon and raisins
- Cinnamon applesauce
- Frozen waffle
- Pancake roll-ups
- Granola bars, breakfast bars
- ½ of a leftover hamburger
- Fruit – apple, oranges, banana, grapes mixed with yogurt
- Bean burrito
- Beans, potatoes, tomatoes on corn tortilla
- Egg sandwich or burrito
- Fruit smoothie
- Any foods your child or family enjoy – even if they are not common for breakfast

A good suggestion is to include foods from several food groups. When you include foods from the milk and protein group, you are better able to maintain your blood sugar and energy level and therefore delay your hunger.

Now, let’s discuss ways to make time for breakfast. Think of some ideas for this and write down 2 of the ways. Ask yourselves, “What could you or your family do to make it easier to get breakfast daily?”

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Who would like to tell us the ideas you noted? *List these ideas on the flip chart as people name them. Probe with “What other ways did you discuss?” Try to get at least 6 benefits from the group.*

Possible Ways to Make Time

- Plan breakfast ahead of time
- Make some of the breakfast foods the night before. Juice, fruit, boil eggs.
- Get everyone up at the same time to get help with breakfast
- Go to bed earlier so you can get up earlier. Some children are not hungry right away. Rushing puts pressure on breakfast eating.
- Buy easy or ready-to-eat foods, such as instant oatmeal or frozen waffles
- Eat re-heated leftovers from last night’s dinner
- Take turns making breakfast with other members of the household
- Eat foods you enjoy
- Have family agree the night before about what to have for breakfast
- Decide what to wear the night before and set your clothes out
- Move faster while getting ready
- Make a quick breakfast of cereal with milk
- Eat breakfast at school or daycare or work
- Eat while waiting for the bus
- Leave breakfast food at work to eat when you get there.
- Be a good role model – eat breakfast yourself. “Showing” teaches more than simply “telling”.

Studies find that children whose parents eat healthy are TWICE as likely to eat healthy themselves. What do you find interesting or surprising about this?

(Optional) Prepare fruit smoothie from approved recipe sources. Note the amount of time it takes to prepare and serve the smoothie. Offer samples to taste.

We have come up with a number of ideas about eating breakfast. What questions or ideas do you have about breakfast?

Evaluation (How was each objective met)

Written participant survey after class.

Closure (Recap- call to Action)

Now that we have discussed breakfast, let’s talk about what you learned.

1. Name some ways you or your family could benefit from eating breakfast
2. Name some foods that you or your family could eat for breakfast.
3. Name a way you could make more time for breakfast.
4. Who is willing to share what they are planning to do differently starting tomorrow morning?

Here is a handout with some ideas of things we talked about today.

Thank you for your participation. You had great ideas!

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Participant Survey

1. I am:

- Pregnant * Breastfeeding * Mother / Father of an infant
- Mother / Father of a child * Teenager, Younger than 18
- Family member * Friend

2. Circle all the words you would use to describe this class.

- Helpful * uncomfortable * important * I already know it
- Practical * too long * comfortable * I want more like this

3. What is the most important thing you learned in class today?

4. What ideas would you or your family like to try?

5. What would make this class better for you?

a. _____

b. _____

6. Comments:

Thank you for your answers!

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