



Assembly Extending Lesson: Importance of Breakfast Grades 6-12

I. **NEP Objective:**

- A. SB03 Use the 2005 dietary guidelines for Americans and My Pyramid to make healthy choices
- B. SB22 Eat a healthy breakfast most days

II. **Educational Standards:**

- A. 1.3 Reading, Analyzing and Interpreting Literature
- B. 1.5 Speaking and listening
- C. 11.3 Food Science and Nutrition
- D. 10.2 Healthful Living

III. **Content**

- A. Importance of eating a healthy breakfast
- B. Students will understand health benefits of eating a well-balanced breakfast
- C. Students will understand how to choose breakfast consistent with the dietary guidelines

IV. **Materials**

- A. Current Event: "Breakfast is a Bright Idea"
- B. Worksheet: "Comprehension Questions for Breakfast is a Bright Idea" (Answer Key Included)
- C. Worksheet: Breakfast Word search, A High Energy Day Starts With Breakfast"
- D. Recipe: Fruit and Yogurt Parfaits

V. **Activities**

- A. Current Event Article, 'Breakfast Is a Bright Idea"
 1. Distribute a copy of the article and a comprehension question worksheet to each student.
 2. Allow the students to do the activity during a class period or as a homework assignment that can be discussed the following day.
- B. Wordsearch, "A High Energy Day Starts With Breakfast"
 1. Distribute copies to the students for an extra activity once the current event article is completed.
- C. Recipe: Fruit and Yogurt Parfaits
 1. This recipe can be distributed to students so that they can take it home or it can be made in class following the current event discussion.

VI. **Additional Lesson Ideas**

A. **Research Questions:**

1. Research breakfast habits of other countries and cultures. What do they typically eat for breakfast? What time do they usually eat breakfast? Does the family eat together? What meal is most important for the culture?
2. American families rarely eat meals together anymore. What are the benefits of families eating together?
3. Expand on the benefits of breakfast. Does it really help students perform better in school?
4. Come up with a marketing plan for breakfast. Have students think of quick and healthy things that students can grab on the way out the door in the morning. Take a field trip and check out a grocery or corner stores right around the school. Figure out which foods would be healthy options for those students that buy breakfast on the way to school.