



**Dear Teacher:**

Re: GrowingGreat Lesson #4

Today’s lesson is “Start Your Engines – Higher-quality Breakfasts”. Your GrowingGreat Docent will lead students through an interactive lesson designed to show them why breakfast is important and how to identify higher-quality foods that, when eaten at breakfast, help them perform at their best. Because tests have shown that eating a hearty breakfast improves students’ behavior in class and performance on tests, we hope you will continue to reinforce these concepts and see the results! All students will receive a “Grill Me About...” handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An **outline** of the lesson for you to follow
- A copy of the “**Time to Wake Up Your Brain**” an optional enrichment activity you may offer to the kids as extra credit. This activity is designed to reinforce what the kids learned today and to get the whole family involved in making higher quality choices
- A **survey** for your feedback, which you can return to \_\_\_\_\_  
\_\_\_\_\_

We hope you and your students enjoyed the lessons this year. Thank you!

Sincerely,

# LESSON OUTLINE

## Lesson #4: Start Your Engines – Higher-quality Breakfasts

**Objective:** Students learn that high-quality breakfasts help them think and perform at their best, what constitutes a high-quality breakfast and how to improve common breakfasts.

### Classroom Lesson Outline:

1. **Review from Lesson #3** 2 minutes
2. **Breakfast is the most important meal of the day** 5 minutes
  - a. Feeds your brain – to perform better on school work
  - b. Gives you energy – to keep you going until lunch
  - c. Better mood – HQ food feeds your cells, makes you happier
3. **What makes a breakfast higher quality** 9 minutes
  - a. Has a combination of higher-quality proteins, fats and carbohydrates
  - b. Analyze nutrition facts for two cereals to make a higher-quality choice
    - i. Measure out added sugars
    - ii. Higher-quality cold cereal breakfast has the following components
      1. Choose high fiber, low added sugar cereal (grain carbohydrate)
      2. Add whole, unsweetened yogurt (protein and fat)
      3. Add whole blueberries (fruit carbohydrate)
4. **Activity** 10 minutes
  - a. Make the lower-quality breakfast higher quality
5. **Review** 2 minutes
6. **Optional Food Sample** 7 minutes



### Recommended Reading

Breakfast: Waking Up to a Healthy Start

You Call That Health Food? by *Cassandra Forsythe MS and Adam Campbell*

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### California State Standards met by grade

#### 3rd grade:

Students choose and use appropriate units and measurement tools to quantify the properties of objects:

- 1.1 Choose the appropriate tools and units (metric and U.S.) and estimate and measure the length, liquid volume, and weight/mass of given objects.
- 1.4 Carry out simple unit conversions within a system of measurement (e.g., centimeters and meters, hours and minutes).

#### 4th grade:

Students make decisions about how to approach problems:

- 1.1 Analyze problems by identifying relationships, distinguishing relevant from irrelevant information, sequencing and prioritizing information, and observing patterns.
- 1.2 Determine when and how to break a problem into simpler parts.

#### 5th grade

Students use strategies, skills, and concepts in finding solutions:

- 2.1 Use estimation to verify the reasonableness of calculated results.



# Take time to wake up your brain!

You need a high-quality breakfast for your brain and body to operate at peak performance.



Name \_\_\_\_\_ Teacher \_\_\_\_\_

Did you know kids who eat breakfast do better in school? That's because breakfast feeds both your body and your brain. If you are too busy to eat breakfast, try one of the following ideas:

- Get up 15 minutes earlier
- Eat a breakfast sandwich on the way to school
- Do your routine the night before (such as- showering, selecting clothes, getting backpack ready)
- Your ideas: \_\_\_\_\_

Can you plan three easy, nutritious breakfasts that you can fix by yourself? Try to include something from each fuel type. Examples are listed at the bottom of the page.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

<b>Proteins</b>	<b>Fats</b>	<b>Carbohydrates</b>
Eggs	Butter	Whole grain breads, tortillas, cereals
Milk	Milk	Oatmeal or other hot cereal
Meats, tofu or beans	Avocado	Fresh vegetables (salsa or added to eggs)
Cheese	Cheese	Fresh fruits (berries, peaches, bananas, melons)
Unsweetened yogurt	Peanut or almond butter	All fruit jam, honey, pure maple syrup