

# TABLE OF CONTENTS

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

- a. Lesson Checklist
- b. Lesson 4
  - a. Lesson 4 Outline
  - b. Lesson 4 Script
  - c. Compare the Labels worksheet Apple Flavored Os v.s GrainStore
  - d. Make the Breakfasts Higher in Quality activity with answer sheet
- c. Grill Me About – Parent Handout
- d. Evaluations
  - a. Teacher/Administrator Lesson Evaluation
  - b. Docent evaluation
- e. Supplemental Materials
  - a. Recommended Reading for Docents/Teachers
    - i. Breakfast: Waking Up to a Healthy Start
    - ii. You Call That Health Food?
  - b. Teacher Packet (optional)
    - i. Letter
    - ii. Lesson Outline
    - iii. Teacher Evaluation
  - c. Additional Student Activities
    - i. Take Time to Wake Up Your Brain!
  - d. Optional Food Sample
    - i. Suggested Food Sample
    - ii. Food Prep Instructions
    - iii. Allergy Guidelines