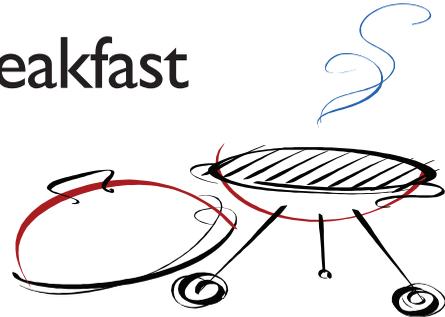


# Grill Me About...

## Choosing a Higher-quality Breakfast



**Ask me what I learned about higher-quality breakfasts in my GrowingGreat classroom nutrition lesson:**

1. True or false—Skipping breakfast has no effect on school work.
2. Eating foods with whole grains helps you feel satisfied until lunch. Why is this?
3. Name 2 reasons why it is important to eat breakfast.

.....  
**Answers:**

1. *False—studies show that kids who eat breakfast, especially those higher in protein, score higher on tests*
2. *Whole grains are digested slowly. They keep you feeling full longer. Processed grains are digested quickly.*
3. *Helps you perform better in school, gives you energy all day; it can help improve your mood*

### **Busy morning breakfast tips**

**No time to cook?** Build a breakfast around foods that are ready to eat such as seasonal fresh fruit and nuts, plain yogurt with flax seeds and berries, cheese, or left over dinner.

**Running out the door?** Try celery stuffed with peanut butter, trail mix with nuts and dried fruit, scrambled egg on whole-grain toast or spread a toaster waffle with your favorite nut butter.

**Not hungry yet?** Something small is better than nothing but make sure it has quality that counts - Start out with a piece of fresh fruit then pack a mid-morning snack with a combination of higher-quality protein and beneficial fats such as a slice of deli meat, hard-boiled egg, sunflower seeds or whole grain crackers and hummus.

**GrowingGreat thanks the following companies for their generous contributions which made the snack sample possible:**

# Classroom Nutrition Lesson #4

## Start Your Engines: High-quality Breakfasts



### WHY EAT BREAKFAST?

- Studies show:** Adults who skip breakfast have performance difficulties on tasks requiring concentration. Those who eat higher-quality breakfasts scored significantly higher on tests than those who eat lower-quality breakfasts.
- Children who skip breakfast experience fatigue, irritability and restlessness, behaviors counterproductive to learning.
- People who skip breakfast eat more later in the day than those who do eat breakfast.

### WHAT IS A HIGHER-QUALITY BREAKFAST?

- High in complex carbohydrates (whole grains, whole fruits and whole vegetables)
- High in protein (nuts, seeds, eggs, breakfast meats, soy)
- Low in refined carbohydrates (white flour, added sugars, juices)

### Instant / prepare-ahead breakfasts:

- Hard-boiled egg with sea salt
- Leftover dinner from the night before
- Trail mix: almonds, cashews, raisins, shredded coconut, dried cranberries and sunflower seeds
- Steel-cut oats: Before going to bed, boil four cups of water in a pot, add one cup of steel cut oats. Stir until all the liquid has been absorbed. Turn off the heat, cover pot and leave overnight. In the morning, bring oats to a brisk boil (adding more water if necessary), heat through and serve.

### Quick breakfast ideas:

- Whole-grain/sprouted-grain toast spread with nut butter, sunflower seed butter or melted cheese (try goat cheese)
  - Whole, plain yogurt, (cow, goat, sheep, soy or buffalo) topped with a whole grain, low sugar cereal
- Variations:*
- Sweeten with raw honey, stevia, agave and/or vanilla
  - Top with ground flax seeds, berries
  - Top with your favorite nuts, berries

### Egg ideas:

- Poached eggs on steamed rice, soy sauce, toasted sesame seeds
- Omelet with zucchini, mushrooms, avocado and slice of whole-grain/sprouted grain-toast
- Frozen whole-grain waffle with real butter, poached egg
- Poached or fried egg on whole-grain/sprouted-grain toast
- Breakfast burrito: Scrambled eggs, black beans and cheese in a heated flour tortilla
- Whole-grain/sprouted-grain English muffin, toasted with butter, fried egg, ham, cheese

### Non-egg ideas:

- Breakfast sandwich (grilled cheese with avocado, tomato)
- Black beans, rice and avocado
- Open faced whole, rye bread toast with hummus, tomato and avocado
- Whole-grain hot cereal—oats, wheat, millet, quinoa

