

BREAKFAST LESSON ONE: GRADES K-2

We Need Breakfast to Jump-Start Our Day



The GOALS of this lesson are to:

- help children understand why breakfast is important (HEALTH, SCIENCE, READING)
- discuss strategies for eating breakfast every day (PROBLEM SOLVING)
- increase awareness among children of how they feel when they eat and don't eat breakfast (ART, WRITING)

This lesson has four components: **READING** a story about breakfast as a class; a **DISCUSSION** of reasons we need breakfast and reasons we may miss breakfast; an **ACTIVITY** in which students draw a picture of themselves when they eat and don't eat breakfast; and completion of one or more **ACTIVITIES** to reinforce the concepts presented in the discussion.



READING

Introduce the lesson with *Pancakes for Breakfast* by Tomie dePaola. *Pancakes for Breakfast* is a wordless picture book. Below is a suggestion for introducing it: Use a story circle.

Show children the cover and have them predict what the book is about.

Share the picture on each page and have children take turns telling what is happening in the picture.



DISCUSSION

Compare the story children created with their predictions. Lead into a discussion of breakfast by asking the following questions:

Why are pancakes a good food to eat for breakfast?

What are some other nutritious breakfast foods? (a good time to bring up the idea that non-traditional foods such as pizza, sandwiches, burritos, leftovers, etc. are all nutritious breakfast foods)

What is a "good" breakfast? (a breakfast with foods from the Food Guide Pyramid)

Optional: Have a few empty food packages from breakfast foods to use as visuals. Try to have a few from each food group, e.g., empty milk and yogurt cartons from the milk group; an orange juice container from the fruit group; cereal and frozen waffle containers from the grain group; a peanut butter jar and an egg carton from the meat group.

*How do you think the girl in this story feels when she doesn't eat breakfast?
How do you feel when you don't eat breakfast? When you do eat breakfast?*

Why is eating breakfast so important?

- gives you energy to play
- helps you think and learn
- helps you stay alert in class
- helps you to feel healthy and strong

Survey the class to find out how many children ate breakfast today.

What are some reasons why we might miss breakfast?

*What are some things that we can do to be sure we eat breakfast every day?**

NOTES

*If your school has a School Breakfast Program, it's important to let children know that School Breakfast is an option. School Breakfast is a program for all children who don't eat breakfast at home in the morning – whether they're simply not hungry when they wake up, they don't have time to eat before leaving in the morning, or breakfast is not available in their home. Your school food service director can help you get information about the program to the children.



ACTIVITY

Provide each student with a blank sheet of paper and have them divide it in half. On one half, students should draw a picture of how they feel when they eat breakfast and on the other half, a picture of how they feel when they don't eat breakfast. Have students write a sentence for each side of the picture. Display completed pictures in the classroom.



ACTIVITY

Select one or more of the following activities to reinforce concepts presented in the lesson:

Have children survey three people to learn about the breakfast habits of people they know. Write the following questions on a piece of paper, allowing plenty of room for children to write their answers:

Did you eat breakfast today?

Where do you usually eat breakfast?

Whom do you usually eat with?

What is your favorite breakfast food?

Duplicate three surveys for each student. After students have completed their surveys, compile and graph the results. Discuss what students learned from the survey.

Divide students into pairs or small groups and have them pretend they own a breakfast restaurant. Have them name their restaurant and decide what nutritious foods from the Food Guide Pyramid they will serve. Draw a picture of the restaurant and write the menu that customers will use to select breakfast.

As a class, brainstorm as many breakfast words as possible. Write a story or create a story in a story circle using the words.

Have students write a letter to someone special. Tell them why it's important to eat breakfast every day, what their favorite breakfast foods are, and how they feel when they eat breakfast.

NOTES

Make a breakfast mobile.

If your school has a School Breakfast Program, invite the food service director or cafeteria manager to tell students about the program. Send information about the program home with the children. Try to arrange for the entire class to eat School Breakfast one morning.

Other related stories:

The Berenstain Bears Cook-It by Stan Berenstain, 1998.

Curious George Makes Pancakes by Margaret Rey, 1998.

Miss Mabel's Table by Debora Chandra, 1994.

Pancakes, Pancakes by Eric Carle, 1998.