Healthy Breakfast Relay (20 minutes)

I also want to share with you the USDA’s Physical Activity Pyramid. Not only do we need to eat in a healthy way, we also need to exercise to be healthy! Kids need at least 60 minutes of moderate activity most days of the week. This would include activities like walking, climbing stairs, and bike riding. It doesn’t matter what activity you are doing – as long as you’re moving. We also need to have fun doing more intense activities that really make us sweat! For example, we can play a game of basketball or run a race. Remember, less time should be spent watching television, using the computer, or playing video games because those activities don’t help our bodies get healthy and strong.

I want everyone here to set a goal to do at least 60 minutes of physical activity each and every day. (Hand out September Physical Activity Calendar, if you haven’t already). You all have a Physical Activity Calendar for the month of September. On here I want you all to record how many minutes of activity you do each day. Try to get at least 60 minutes, but if you don’t on some days, that’s okay. Write down how many minutes you are active. When we meet next month, you should all bring this calendar back, filled out, and I will record everyone’s totals on our Club Chart. We might have some competitions with other clubs to see which group does the most physical activity, so make sure you fill in your calendar and return it every month!

Step 1: Information to share with club members (10 minutes)
Welcome to a new year in Get Up and Move! Each month our club will be working on being healthier by eating right and being more physically active. First, I want to share with you the MyPyramid food guide (show color poster or print-out). This is published by the U.S. Department of Agriculture, and it tells us what types of foods and how much we need to eat every day. As you can see, we need to be sure we have foods from the Grain group, the Vegetable group, the Fruit group, the Milk group, and the Meat & Bean group. We also need to make sure we limit the amount of fats, sugars, and salt we eat each day.

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Now, we are going to talk about our topic for the day. Does anyone know what the most important meal of the day is? (Breakfast) That’s right! Breakfast is very important because it gives us the energy we need to get through the day until lunch time. What kinds of things require energy in the morning? (Walking to school, playing in gym class, walking to classes, exercising, studying in school, etc.) In this activity we are going to learn how to put together a nutritious breakfast meal to give you that energy you need.

In order for a breakfast to be healthy, it should have one food from at least three food groups on MyPyramid. Does anyone remember what those groups are? (Grains, Fruits, Vegetables, Milk, Meat and Beans). Great! Now we should all try to eat from three of these groups every morning for breakfast. If I wanted to choose a good breakfast food from the Grain category, what could I choose? (toast, pancakes, French toast, waffle, cereal, etc.) What about from the Meat and Bean group? (peanut butter, ham, turkey, sausage, etc.) Vegetable? (tomato juice, carrots, etc.) Fruit? (apple, banana, orange, etc.) Milk? (glass of milk, cheese, yogurt, etc.) Great job! Now can someone tell me what a healthy breakfast might be, using three of these foods from different groups? (toast, banana, milk; waffle, peanut butter, milk; wheat toast, yogurt, apple; etc.)

Step 2: Group Activity (10 minutes)
Now we are going to work on putting together a healthy breakfast with a fun game. We are going to get into relay teams. (Number of teams will vary depending on your group size. Try to have 4-5 members per group). Let’s count off 1, 2, 3, 4, 5, 1, 2, 3, 4, 5……

Great! Now that we are in our teams let’s line up. As you can see, each team has three paper plates, and at the other end of the room are some pictures of different breakfast foods. What I want your team to do is to make three healthy breakfast plates, each with a food from three of the food groups. You should try to do one plate at a time. So the first person on your team will run down to the pictures and find a healthy breakfast food and then run back and put it on your plate. Then he or she will tag the next person in line on your team. The second person will look at the plate and see what food group it needs for a healthy breakfast, and then run down to the pictures to find a food from that group. Then he or she will run back and put it on the plate and tag the next person. Keep doing this until you have three full plates of healthy breakfasts!

Be careful! Not all of the pictures are of healthy foods. And some aren’t even breakfast foods at all!

Now everyone, get in line with your team and get ready to run when I say GO! Ready, GO!

Okay now everyone has made up three breakfast plates. Let’s see what delicious and healthy meals we have. (Go to the first team and read off their plates, making sure they have three food groups represented in any combination. Repeat for other teams). Wow, look at all the different breakfasts we have come up with. There are lots of combinations you can have for a healthy breakfast every day!

Remember, breakfast is the most important meal of the day because it gives us the energy we need to get through the mornings in school or at play! Always make sure you eat breakfast and that you choose foods from three food groups!

Get Up & Move!