Healthy Breakfast

We have often heard that breakfast is the most important meal of the day – and it is! Breakfast provides us with the energy to start our day off the right way. In order to get all the benefits of the first meal of the day, we need to make sure we eat healthy, balanced breakfasts. A good breakfast is one that includes fruit, whole-grain foods, and a source of protein. Whole-grain choices include hot and cold cereal, toast, muffins, waffles, and pancakes. Fruit can be fresh, dried, or canned, and 100% fruit juice counts as a serving. Milk and dairy products provide protein, calcium, and B vitamins. Eggs, meat, fish, and their alternatives contain protein as well as iron and vitamins.

Eating a healthy, balanced breakfast is good for everyone, especially children. Breakfast can help children to concentrate better and in turn, do better in school. Children who eat breakfast can show fewer signs of behavioral problems and miss less school than children who skip breakfast. For both educational and nutritional reasons, breakfast is very important in the day of a child!

(Source: U.S. Department of Health and Human Services, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion)

Club Roll Call: What did you have for breakfast today?

Physical Activity Calendars

Distribute the September Physical Activity Calendar to each member (parent and leader). Have individuals record the types of physical activity he/she completes each day and the number of minutes spent on each activity. Individuals will tally their total minutes for each week and then the month. Individuals should bring the September Physical Activity Calendar to the October meeting. Leaders should record each person’s monthly total on the Get Up and Move! Club Chart, which will be used for club challenges and evaluations later in the year.

Have a short discussion to review the Physical Activity Pyramid and discuss ideas for physical activity that members might complete in the next month.

Reflection Questions:
How might you get at least 30 minutes of moderate activity each day?
How might you get at least 15 minutes of more intense activity, 3 times a week?
Do you think you’re getting enough physical activity? Why? Why not?
What types of physical activities might you do with your siblings? Parents?

Educational Activity

Each month the Educational Activity Guide will provide clubs/groups with fun, short physical activities that can be conducted at the meetings. These activities could be led by older youth, junior leaders, or adults. The idea is to get people “up and moving” as well as talking about how individuals can incorporate physical activity into their daily routine. This month’s activity is the “Healthy Breakfast Relay” and helps youth learn what makes up a healthy breakfast.
Recipes/Snacks
Each month a recipe or snack idea will be provided. Clubs are encouraged to make and serve the recipes at their monthly meeting and to send the recipes home with 4-H families. This month’s recipe is for Basic Nut Bread. This bread can be used for breakfast or dessert and various fruits can be added for extra flavor!

Family Activity
Each month an activity idea will be presented that club members can take home and share with family members. These activities relate to what was learned at club meetings and allow members to share what they learned with those at home. One of this month’s family activities is the Family Omelet Activity. Members are encouraged to ask everyone in their family what ingredients their favorite omelet would include and then make them together! The other family activity for September is the Breakfast Cereal Scavenger Hunt. Using the nutritional information of two cereals (one sweetened, corn- or rice-based and one unsweetened, wheat-based), members and their families will discover which has more fiber, whole grains, and added sugar. They will see that some breakfast cereals are healthier than others!

Community Activity
Each month an activity idea will be presented that members can use to become more involved in their communities, including schools, neighborhoods, and families. Members should be encouraged to complete these optional community activities as often as they would like. This month’s activity is the School Breakfast Survey, in which students can explore and evaluate the breakfast programs at their schools.

Ties to 4-H Projects
One common breakfast group is the dairy group. Members who are interested in Dairy can enroll and learn about dairy cattle, dairy goats, or about dairy food products. In Dairy Foods, members can explore how to plan, prepare, and serve a variety of dairy food dishes and learn how they play a role in a nutritious diet.

All Get Up and Move! materials can be found on the State 4-H website at www.4-h.uiuc.edu/opps/move.

Get Up & Move!
Each day fill in what physical activity you did and how many minutes you did it.

Name ____________________________

For more resources visit: www.4-h.uiuc.edu/opps/move

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Get Up & Move!

Basic Nut Bread

¾ cup sugar
2 tablespoons margarine
1 egg
1 1/2 cups lowfat milk
1 cup whole-wheat flour
2 cups all-purpose flour
3 1/2 teaspoon baking powder
1 teaspoon salt
¾ cup chopped nuts

Heat oven to 350˚F. Grease or spray with non-stick spray a 9x5x3-inch loaf pan.


Nutrition facts for Basic Nut Bread:

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (54g)</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Percentage Daily Value*</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A 2%</td>
</tr>
<tr>
<td>Calcium 4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9</th>
<th>Carbohydrate 4</th>
<th>Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat Less Than</td>
<td>65g</td>
<td>20g</td>
<td>25g</td>
</tr>
<tr>
<td>Saturated Fat Less Than</td>
<td>300mg</td>
<td>200mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Cholesterol Less Than</td>
<td>300mg</td>
<td>2400mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium Less Than</td>
<td>300g</td>
<td>2400mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
<td>30g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td></td>
<td>30g</td>
</tr>
<tr>
<td>Calories per gram:</td>
<td>Fat 9</td>
<td>Carbohydrate 4</td>
<td>Protein 4</td>
</tr>
</tbody>
</table>

Banana Nut bread
Follow Basic Nut Bread recipe, except use only ¾ cup milk and add 1 cup mashed bananas.

Orange Nut Bread
Follow Basic Nut Bread recipe, except use only ¾ cup milk. Add 4 teaspoons grated orange peel and ¼ cup orange juice.

Apple Bread
Follow Basic Nut Bread recipe, add 1 teaspoon vanilla and 1 cup apples, peeled, cored and shredded.

Carrot-Orange Bread
Follow Basic Nut Bread recipe, except use 1 cup milk, add ½ cup orange juice, 1 cup grated carrots, 1 teaspoon grated orange peel, 1 teaspoon ground nutmeg and ½ cup raisins.
Healthy Breakfast Relay (20 minutes)

Items needed for this activity:
- Pictures of food items (provided). Each relay team of 4-5 members will need one set of pictures
- 3 paper plates for each team
- MyPyramid poster or website print-out (www.mypyramid.gov)

Activity Set Up:
- Prepare food pictures by cutting out each food item. Each relay team of about 4-5 members should have one set of items.
- Set up the relay area. On one side of the room, place each team’s set of food items in separate piles. On the other side of the room, designate a starting line for the relay teams. Behind the line, set out 3 paper plates for each team.

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.

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!
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!**
Healthy Breakfast
This month your child learned about the importance of a healthy breakfast. We have often heard that breakfast is the most important meal of the day – and it is! Breakfast provides us with the energy to start our day off the right way. In order to get all the benefits of the first meal of the day, we need to make sure we eat healthy, balanced breakfasts. A good breakfast is one that includes fruit, whole-grain foods, and a source of protein. Whole-grain choices include hot and cold cereal, toast, muffins, waffles, and pancakes. Fruit can be fresh, dried, or canned, and pure fruit juice counts. Milk and dairy products provide protein, calcium, and vitamin B. Eggs, meat, fish, and their alternatives contain protein as well as iron and vitamins.

In order for a breakfast to be healthy, a good rule of thumb is to include one food from at least three food groups on MyPyramid. For example, whole wheat toast (grain group) with peanut butter (meat and bean group) and a glass of milk (milk group) would be a healthy breakfast combination. As would yogurt (milk group), a banana (fruit group), and a bowl of cereal (grain group). You can even serve soup, sliced lunchmeat, and vegetables. Or make a breakfast drink or smoothie in a blender using low-fat milk, fruit, and yogurt!

Encourage your child to eat a healthy breakfast each day and to choose healthy foods for his or her breakfast! When purchasing cereal, choose unsweetened, cereal over a sweetened one. Look for “whole grains” and fiber-rich cereals. Read the nutrition labels to ensure that the cereal you chose contains nutrients like iron and zinc, and not hydrogenated oils, dyes or artificial colors, or chemical preservatives.

A good breakfast is the best start to every day! Kids who are nutritionally fit are more likely to have the energy, stamina, and self-esteem that enhance their ability to learn, play, and grow!

(Source: U.S. Department of Health & Human Services, U.S. Department of Agriculture Center for Nutrition Policy and Promotion)
Here are some examples of quick breakfasts you can have at home! Don’t forget, a healthy breakfast involves a food from at least 3 of the food groups!

**Nutritious Breakfasts**

<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
<th>Meat</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Grain</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Peanut butter, toasted English muffin, glass of milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Cold cereal, milk, banana</td>
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<td></td>
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<td></td>
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<tr>
<td>3.</td>
<td>Heated leftover cheese pizza</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Orange wedges, crackers, cheese</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Wheat toast, yogurt, apple</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Ham &amp; cheese sandwich, glass of chocolate milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Heated leftover macaroni and cheese, apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Instant oatmeal, canned peaches, milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Baby carrots, bagel, mozzarella cheese stick</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Tomato soup made with milk, crackers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Source: http://www.nutritionexplorations.org/parents/breakfastchart.asp)
Get Up & Move!

Family Activity       Series 3: September

This month’s **Family Activity** explores one popular breakfast food – the egg!* If anyone in your family has an egg allergy, please note this family activity may not be for you! You can make breakfast smoothies in the blender instead of the activity described here!

There are many ways you can cook an egg—poached, scrambled, over-easy, sunny-side up, hard-boiled, soft-boiled… and the list goes on! One dish that uses eggs is the omelet.

For this family activity, start by asking each member of your family what the ingredients would be in his or her “perfect” omelet or added to scrambled eggs! For example, maybe your big sister likes ham and mushrooms in hers while your mom likes peppers, onions, and cheese in hers! Write them all down on the chart below and compare each person’s list.

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Perfect ingredients:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Which family members like the same ingredient? ____________________________________
______________________________________________________________________________
______________________________________________________________________________

Does anyone like an ingredient that no one else likes? _____________________________
______________________________________________________________________________
______________________________________________________________________________

* Eggs are among the most nutritious foods on earth and can be part of a healthy diet. However, they are perishable just like raw meat, poultry, and fish. Today some unbroken, clean, fresh shell eggs may contain *Salmonella enteritidis* bacteria that can cause food borne illness. While the number of eggs affected is quite small, there have been cases of food borne illness in the last few years. To be safe, eggs must be properly handled, refrigerated, and cooked.
Now, pick one of these “perfect” omelets and make it for breakfast together! Better still make one of everyone’s favorite to enjoy! Depending on the age of the members in the family, you may want to ensure an adult’s presence.

**Whole Egg Omelet:**
- 1 whole egg
- 1 1/2 teaspoon 2% milk
- 1 tablespoon shredded cheddar cheese
- 1 tablespoon chopped mushroom
- 1 tablespoon chopped green pepper

**Egg White Omelet:**
- 2 egg whites
- 1 1/2 teaspoon 2% milk
- 1 tablespoon shredded cheddar cheese
- 1 tablespoon chopped mushroom
- 1 tablespoon chopped green pepper

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (1/4g)</td>
</tr>
<tr>
<td>Calories 100</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 9g</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 215mg</td>
</tr>
<tr>
<td>Sodium 115mg</td>
</tr>
<tr>
<td>Total Carbohydrate 2g</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
</tr>
<tr>
<td>Sugars 1g</td>
</tr>
<tr>
<td>Protein 5g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**
- **Vitamin A 6%**
- **Vitamin C 10%**
- **Calcium 6%**
- **Iron 6%**

**Directions (makes 1 small omelet):**

1. Begin by cracking the egg into a medium bowl. Add milk and blend well with a whisk or fork.

2. With a responsible person’s help, begin heating a small, 8-inch nonstick frying pan over medium-low heat. After 2 minutes of warming, coat the bottom of the pan with canola cooking spray.

3. An adult or older member can pour the beaten egg into the frying pan so that the egg covers the bottom. When the omelet is almost set, add desired topping ingredients. Then loosen the edges with a knife or spatula and shake the pan to loosen the bottom of the omelet.

4. Use a spatula or knife to fold half of the omelet over onto itself and press gently to seal. Slide the omelet onto a plate and serve.

5. Add salt and pepper to taste.

A second family activity you can do is the Breakfast Cereal Scavenger Hunt. This activity will help you learn about what makes a healthy cereal different from an unhealthy one and how you can make sure your cereal is giving you the nutrients and vitamins you need! This activity can be found on the State 4-H web site at [http://www.4-h.uiuc.edu/opps/move/](http://www.4-h.uiuc.edu/opps/move/).
Today you're going on a scavenger hunt for information. Tour the breakfast cereal section of the store and answer the questions below.

### Nutrition Information

Don't forget the “5–20” rule when looking at the fiber content on the Nutrition Facts label of breakfast cereals. 5% daily value (DV) or less means the product is low in fiber, and 20% DV or higher means the product is high in fiber.

Choose two brands of cereal that seem to be very different from each other. One should be a sweetened, corn- or rice-based cereal (many of these cereals say “sweetened” on the package), and the other should be an unsweetened, wheat-based cereal. Read the Nutrition Facts labels and ingredient list, and fill in the chart.

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Sweetened, corn- or rice-based cereal</th>
<th>Unsweetened, wheat-based cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How many different words for whole grains are in the list of ingredients? Look for: Whole wheat, whole grain oats, barley, and whole corn.</td>
<td>NAME:</td>
<td>NAME:</td>
</tr>
<tr>
<td>2. How much fiber is in each serving? (Look under “Total Carbohydrate” on the Nutrition Facts label.)</td>
<td>GRAMS:</td>
<td>GRAMS:</td>
</tr>
<tr>
<td>% DV:</td>
<td>% DV:</td>
<td></td>
</tr>
</tbody>
</table>

3. Which cereal has more “whole grain” words on the ingredient list?

_______________________________________________________________________________________

4. Compare grams of fiber and the %DV for the cereals you listed above. Which cereal has more fiber?

_______________________________________________________________________________________

**What is a gram?**

- The Nutrition Facts label uses two metric units to measure weight—grams (g) and milligrams (mg).
- These measurements tell you exactly how much of each nutrient is in a serving.
- Grams and milligrams are very small: 1 gram is about the weight of a paper clip and 1,000 mg = 1g.
Choose someone in your group to read this paragraph out loud:

Dietary fiber is important because it helps keep the digestive system healthy. Whole grains are an important source of the fiber your body needs. When you’re choosing a grain food like breakfast cereal, remember: The higher the number of grams of fiber per serving, the better.

<table>
<thead>
<tr>
<th>Added Sugars</th>
<th>Sweetened Cereal</th>
<th>Unsweetened Cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. There are many different ways to say “sugar.” How many different “sugar” words can you find in the list of ingredients? Look for: Sugar, brown sugar, high fructose corn syrup, corn sweetener, dextrose, fruit juice concentrate, malt syrup, maltose, honey, brown sugar molasses, malted corn, and barley syrup.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. How many grams of sugar are in each serving? (Look under “Total Carbohydrate” on the Nutrition Facts label.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. Which cereal has more “sugar” words on the ingredient list?

8. Which cereal has fewer grams of sugar?

9. Find six cereals that you would like to eat that are unsweetened and high in fiber and list their names here:

   ____________________________________________  ____________________________________________  ____________________________________________
   ____________________________________________  ____________________________________________  ____________________________________________

Packaging and placement

10. What are some techniques that companies use to decorate cereal boxes?

11. What do you notice about where the cereals are placed on the shelves?

12. What clues help you figure out the main target audience for a particular brand of cereal?

13. Name one interesting fact you learned about the breakfast cereal aisle. You can think about nutrition content, packaging, or the location of the product on the shelves.

Congratulations! You have finished the Breakfast Cereal Scavenger Hunt!
Get Up & Move!

Community Activity Series 3: September

This month’s community activity will give you a chance to explore your own school to see if they serve healthy breakfasts to students in the mornings! This would be a good activity to work on alone or with a partner or group of students from your school. If your school does not participate in the school breakfast program, you may want to choose another community activity in the upcoming months.

You will begin by interviewing someone in the office or the cafeteria to see what types of food is served; or you can go to the cafeteria one morning to check it out yourself! Make a list of what foods are served for breakfast in your cafeteria. Next to each food, write down what MyPyramid food group each belongs to. Use another sheet of paper if you need more space.

________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________
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________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________

How many foods from the grain group did you find? ________________
From the milk group? ________________
From the meat and bean group? ________________
From the fruit group? ________________
From the vegetable group? ________________
Using the foods offered at your school, create four healthy breakfasts! Remember to include one food from at least three different food groups!

1. _______________  _______________  _______________

2. _______________  _______________  _______________

3. _______________  _______________  _______________

4. _______________  _______________  ______ _____________

Do you think your school offers enough healthy choices for breakfast? _____________
Why or why not? ____________________________
_____________________________
_____________________________
_____________________________
_____________________________

What other things do you think your school could do to make sure students have a healthy breakfast available to them? ____________________________
_____________________________
_____________________________
_____________________________
_____________________________

Other activities you can do!

- Write a letter to your school principal or school board explaining what you have learned about breakfast and your school's breakfast foods. Include suggestions about what you think could be done to make breakfasts at your school healthier.  

- Make a poster that shows why healthy breakfasts are so important and what is included in a healthy breakfast. Find out if you can show this poster at the next school board meeting or post it in the school cafeteria! See the State 4-H web site for some poster-making tips! (http://www.4-h.uiuc.edu/opps/move/)