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? ________________________________________________________
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______________________________________________________________________
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What other things do you think your school could do to make sure students have a healthy breakfast available to them? _________________________________
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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/)