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!

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