Breakfast Lesson:

When teenagers eat breakfast…

* They are more likely to get the nutrients they need to get through the morning. In fact, students who don’t eat breakfast miss 25% of their daily nutrition. Breakfast eaters have higher daily intakes of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc, and iron compared to teenagers who skip breakfast.
* They have higher test scores, miss less school, and are tardy less often.
* They find it easier to focus, concentrate, solve problems, learn, and behave.
* They may have an easier time achieving a healthy weight.

Show MyPlate graphic. Ask who knows which foods make up a balanced breakfast.

Dairy, Grains, and Fruits or Vegetables. Protein foods can also be included at breakfast, but are not necessary since dairy foods provide high quality protein.

Last Player Standing:

(Everybody stand up)

Who ate a serving of dairy at breakfast? If not, sit down.

Who ate a serving of grains at breakfast? If not, sit down.

Who ate a serving or either fruit (including 100% juice) OR vegetables at breakfast? If not, sit down.

If any players are left standing, explain to the class that these students have an advantage when it comes to performing in school and eating a balanced diet throughout the day.

Show Rise and Shine breakfast article.

<http://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html?_r=0>

Breakfast Scramble:

Break students into groups of 4 (7 groups total). Will have 60 seconds to create as many balanced breakfast combinations as possible (i.e. whole grain cereal with bananas and 2% milk).

Winning team presents breakfast combinations (gets to get smoothies first).

Make smoothies.