



## LESSON PLANS 4-6

### Breakfast Bonus

In today's fast-paced society, breakfast is the one meal that is most often skipped. According to a recent study conducted in 2001, 42 percent of all school-aged children interviewed skipped breakfast. These findings show that an alarming number of students begin the day without nourishment.

A nutritious breakfast is an extremely important start to a student's day as it provides them with essential nutrients and energy to allow them to increase their learning ability.

This lesson is designed to highlight breakfast as an ever-important first meal. While students work together to develop answers to questions they will be able to explore the physiological, academic, and social impact of consuming a nutritious breakfast and the effect it can have on their daily lives. The development of good, healthful eating practices, which will be the foundation for good life-style habits, are important lessons for our nation's school children to adopt.

#### **I. LEARNING CONTEXT**

**Content Areas:** Health/Nutrition  
English Language Arts

**Grade Level:** 4 – 6

#### ***NYS Learning Standards:***

This learning experience incorporates the following English Language Arts Standards:

**Standard 2: *Language for Literary Response and Expression***

In researching the topics provided, students will:

- Use inference and deduction
- Present group responses.

**Standard 1: *Language for Information and Understanding***

In the writing portion of the lesson:

- Present information clearly in written and/or verbal (class presentation) form

#### **II. PROCEDURE**

1. Explain to students that breakfast is one of the most important meals of the day. Ask students if they know why. Explain that breakfast is the first meal, the first chance for students to get nutrients in their bodies to get the energy they need for the day. Explain that it would be hard to think and learn in school if they felt hungry and tired and that is how they may feel if they don't eat breakfast. Explain, too, that it is important to think of the food guide pyramid when eating breakfast to make sure that breakfast foods are healthy and contribute to a balanced day of eating.

2. Talk with students about how, even though breakfast is quick and easy, foods must still be chosen carefully so that they contribute to a healthy day of eating. Emphasize that, when eating breakfast, it is important to choose a variety of foods, trying to incorporate foods from different food groups and trying to avoid too many fats and sugars.

3. Teachers will break students into five different groups and assign one of the following five questions to each. Give each group time to read and discuss their question.

Note: When children frame their own questions, it usually requires them to process information at a higher level; after each group reads and discusses their question, they might be asked to generate at least one new question to present to the large group for feedback.

### **Questions:**

1. Why do you think you are encouraged to consume a well-balanced breakfast and obtain a good night's sleep on days when preparing for an important exam?
2. How does a nutritious breakfast impact on how you interact with people, such as family, friends, and teachers, on a daily basis?
3. What physical differences do you feel on days when you consume a nutritious breakfast compared to days when you eat little or no breakfast?
4. More students are consuming soda, chips and candy for breakfast which provide only empty calories. Empty calorie foods contain substantial calories with little or no nutrients. What alternative healthy, pick-up-and-go items can be substituted for the empty calorie items? Describe how these choices impact your day.
5. If you had a friend who was not able to concentrate and was falling asleep in class, due to no breakfast, what strategy could you use to persuade your friend to eat breakfast and make it a habit for life?

### **III. TIME REQUIRED**

Teachers presentation takes approximately 10 minutes. Group discussion time takes approximately 15 minutes. Class presentations take approximately 3-5 minutes each.

### **IV. RESOURCES**

Food Guide Pyramid

### **V. ASSESSMENT**

Progress toward the ELA standards and performance indicators can be assessed by informal observation during the class presentations.

### **VI. REFLECTION**

Breakfast is one of the most important meals of the day, for it gives children the healthy start they need to be able to think and learn. Because it is often eaten quickly, however, breakfast is often not given the attention it deserves. Hopefully, this lesson will highlight breakfast for students, making them more aware of the things they do at breakfast time and more aware of the variety of choices available for breakfast.

Note: Teachers are encouraged to share their reflections at cluster meetings and other collegial groups.