



Lesson #2

Healthy Weight and Balanced Breakfast

Time Table

Total Time: 30 minutes

- 2** Minutes: Introduction to Lesson
- 15** Minutes: PowerPoint Presentation/ Lesson
- 10** Minutes: Activity: *Nutrient Density* and *Energy Balance*
- 3** Minutes: Explain Take Home: *Better Balanced Breakfasts*

Goal: Introduce students to the importance of healthy eating and physical activity to maintain a healthy weight and convey the significance of starting the day with breakfast.

Objectives:

Students will:

- Understand what calories are
- Understand nutrient-dense foods versus empty-calorie foods
- Learn how to maintain a healthy weight through energy balance
- Understand why breakfast is the most important meal of the day
- Be able to come up with a healthy balanced breakfast

Materials:

- Introduction: *Fit4Kidz MyPlate and Food Groups* teacher reference
- Activity:
 - *Nutrient Density* teacher reference
 - *Energy Out Physical Activity* student reference
 - *Energy Balance* student activity worksheet
 - *Energy Balance* teacher answer key
 - Scissors, glue, crayons or markers
- Take Home: *Better Balanced Breakfasts* student activity worksheet

Instructions:

1. Begin the lesson with a quick review of the *Fit4Kids MyPlate and Food Groups* and ask students to share what healthy foods choices they have made in the past week.
2. Tell students that this week's lesson focuses on eating healthy, increasing physical activity and the importance of eating breakfast.
3. Ask students if they know what calories are. explain that calories are found in food and that they give your mind and body energy.
 - You want to eat foods that provide little calories and lots of nutrients. These types of foods are called **nutrient-dense foods**. Some examples of nutrient-dense foods are blueberries, broccoli, low-fat cheese, skim milk, eggs, black beans, salmon, peanuts, and brown rice, just to name a few! You want to increase your intake of nutrient-dense foods.

- You want to limit the amount of empty-calorie foods you eat. **Empty-calorie foods** are foods that contain a large amount of calories and very little nutrients. These empty calories usually come from solid fats or added sugars. Solid fats are fats that stay solid at room temperature like butter. Added sugars are sugars and syrups that are added to some foods and beverages when prepared – often to add flavor and sweetness. Some examples of empty-calorie foods that contain solid fats and added sugars are candy, soda, doughnuts, sugary cereals, cakes, French fries and potato chips.
 - Display the *Nutrient Density* teacher reference to provide students with an example of a beverage with high nutrient density (skim milk) and a beverage with a low nutrient density (soda). The nutrient density of each beverage is represented as the percent contribution to children's (ages 9-13) RDAs. Go through each nutrient represented on the chart and compare cola to skim milk.
 - a. Calcium - skim milk provides about 40% the RDA, while cola has 0%.
 - b. Niacin – skim milk provides 2% of the RDA, while cola provides 0%.
 - c. Riboflavin – skim milk provides about 40%, while cola provides 0%.
 - d. Thiamin – skim milk provides about 10%, while cola provides 0%.
 - e. Vitamin D – skim milk provides 60% of the RDA, while cola provides 0%.
 - f. Vitamin C – skim milk provides about 6%, while cola provides 0%.
 - g. Vitamin A – skim milk provides about 60%, while cola provides 0%.
 - h. Protein – skim milk provides 25%, while cola provides 0.5%.
 - i. Calories – both provide about the same number of calories.
 - Thus, while cola and skim milk provide the same number of calories; skim milk provides much more protein, vitamin A, vitamin C, vitamin D, thiamin, riboflavin, niacin, and calcium than cola. Ask students which beverage is nutrient-dense and which one contains empty calories. They should respond that skim milk is considered a nutrient-dense beverage, while cola is an empty-calorie beverage.
 - The trick to maintaining a healthy weight is to maintain proper energy balance. **Energy balance** is all about balancing the calories you get from the food you eat with the energy you expend from physical activity. Think of it as a scale, you have food on one side and a physical activity on the other. If you eat a piece of toast with jelly and a glass of milk for breakfast, you want to do something like run, walk or ride your bike that day to balance your energy scale.
 - **Activity:** Have students complete their *Energy Balance* activity worksheet.
4. Tell students that eating a healthy breakfast is important because it helps you start your day with energy. Breakfast helps give your body and your mind energy, so that you can concentrate and do better at school and have more energy to play with your friends.
- Ask students who ate breakfast today and what they ate
 - Explain that a healthy breakfast includes foods from at least three food groups from the food plate . For example, whole wheat toast with strawberry jam and a glass of skim milk provides a breakfast with foods

from the grain group (whole wheat toast), the fruit group (strawberry jam) and the dairy group (glass of milk). Explain the activity they will be doing with their parents to come up with some healthy breakfast options.

Grades 3-5

Activity:

Have students figure out how much physical activity a 150-pound person would need to do to balance out the total calories in various meals and snacks. Have them use their *Energy Out Physical Activity* reference sheet to fill in the activities that they choose to do to burn off the calories from the food/beverage combinations they consume. For example, to burn off 1,000 calories from spaghetti with tomato sauce and garlic bread, you could choose to do two hours of basketball (544 calories/hour) or one hour of soccer (680 calories/hour) and one hour of skateboarding (340 calories/hour).

After students have completed this activity, go over the correct answers with them. Keep in mind that there may be many correct answers to this particular worksheet. Collect the student's activity sheets and put them into the student's personal *Fit4Kidz Folders*.

Take Home:

Have each student use their *Fit4Kidz MyPlate and Food Groups* to fill out their *Better Balanced Breakfasts* worksheet with their parents. This take home activity focuses on mixing and matching foods from at least three food groups for a nutritious breakfast and encourages parents to provide these nutrient dense and well balanced breakfasts for their children.

For further reference, students and families can visit www.fit4kidz.us.



Take Home #2 Better Balanced Breakfasts

Dear Parents,

Today we discussed the importance of healthy eating and physical activity to maintain a healthy weight. We also discussed the significance of starting the day with breakfast and indicated that a healthy breakfast consists of at least three food groups from the food plate. Breakfast helps give your child's mind and body energy so that your child can concentrate and do better at school, as well as have energy to play with friends. Help your child come up with some healthy breakfast options and try to include these options during breakfast time at home.

Here are some fun, healthy breakfast recipes to make at home with your kids:

Breakfast Burritos

makes 1 serving

2 eggs
1/4 cup salsa
1 whole grain tortilla

In small bowl, whisk egg. Pre-heat non-stick pan over medium heat and then add egg. Scramble eggs until fully cooked. Place egg in tortilla, then top with salsa. Fold tortilla into a burrito.

Fun & Fruity Parfait

makes 1 serving

1/2 cup granola
1/4 cup blueberries
1/4 cup strawberries, sliced
1 cup vanilla yogurt

In glass or small bowl, add 1/2 cup vanilla yogurt. Layer with few slices of strawberries, a few blueberries and 1/4 cup of granola. Then add rest of yogurt and top with rest of fruit and granola.