



Lesson #2 Healthy Weight and Breakfast

Time Table

Total Time: 30 minutes

- 2** Minutes: Introduction to Lesson
- 15** Minutes: PowerPoint Presentation/ Lesson
- 10** Minutes: Activity: *Calorie Count*
- 3** Minutes: Explain Take Home: *Better 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 a calorie is
- Learn how to maintain a healthy weight
- Understand why breakfast is the most important meal of the day

Materials:

- Introduction: *Fit4Kidz Choose My Plate* teacher reference
- Activity:
 - *Calorie Count* student activity worksheet
 - *Calorie Count* teacher answer key
 - Scissors, glue, crayons or markers
- Take Home: *Better Breakfasts* student activity worksheet

Instructions:

1. Begin the lesson with a quick review of the *Fit4Kids Choose My Plate* 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 have ever heard the word "calorie" and if anyone knows what it means.
 - Explain that calories are found in food and give you energy to do things like run, jump and ride a bike.
 - Good calories are found in healthy foods like apples, cheese, whole wheat bread and peanut butter.
 - Bad calories are found in candy, soda and potato chips.
 - If you don't get enough good calories:
 - a. You feel hungry
 - b. Your stomach grumbles
 - c. You feel weak or tired

d. You can't concentrate

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- If you get too many bad calories:
 - a. You feel tired
 - b. You feel sick
 - c. You have a stomach ache
 - d. You can gain weight
- **Activity:** Have students complete their *Calorie Count* activity worksheet.
- 4. Tell students that this is why eating a healthy breakfast is so important because it helps you start your day. 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 Choose My Plate guide. Explain the activity they will be doing with their parents to come up with some healthy breakfast options.

Activity:

Have students cut out *Calorie Count* foods from the worksheet. Each food is associated with a certain number of calories. Have them put together foods so that the calories add up to the number of calories it takes to do each physical activity. This activity focuses on the importance of getting energy from food to do fun physical activities to keep you healthy and feeling good.

After students have completed this activity, go over the correct answers with them. Collect the students' activity sheets and put them into the students' personal *Fit4Kidz Folders*.

Take Home:

Have each student use their *Fit4Kidz Choose My Plate* to fill out their *Better Breakfast* 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 better breakfasts for their children.

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