



★ A la Cart™ Breakfast Lessons ★

Introductionpage 3

Breakfast Champion Goal Sheetpage 7
A goal sheet for each student to use for setting healthy breakfast habits.

Breakfast Champion Physical Activity Goal Sheetpage 8
A goal sheet for each student to use for setting healthy physical activity habits.

Breakfast Champion Journal Thoughtspage 9
A journal page for each student to use for writing their feelings about the healthy changes they are making.

Lesson 1: Fixing and Eating with an Attitudepage 10
A Germ FREE Attitude! Get an attitude to keep germs, which can make you sick, out of your food!

Pre-Surveypage 19
A survey to be completed by each student prior to implementing Lesson 2, and to be sent home with the student to complete with a family member as a family connection activity.

Lesson 2: Shape...Shape...Shapepage 20
We come in different shapes and sizes. Breakfast helps shape a healthy pyramid and how you feel!

Lesson 3: Go...Go...Gopage 29
Breakfast on the GO helps you get GOING! Breakfast can be quick, simple and easy with "to GO" foods that give us energy to GO!

Lesson 4: Win...Win...Winpage 39
Choose a winning combination: breakfast and you! Breakfast gives you the WINNING edge at school or at play!

Lesson 5: Build...Build...Buildpage 50
Breakfast helps build a healthy you! A healthy breakfast helps BUILD a healthy pyramid, gives our body more energy, and gives our minds more "think power!"

Post-Surveypage 58
A survey to be completed by each student following Lesson 5, and to be sent home with the student to complete with a family member as a family connection activity.



Activity 2: Math Tasks - Breakfast Ratios

Ask the students to look at the ratio of the number of servings of grains to fruit and grains to milk in Jose's breakfast.

Jose's Breakfast

1/2 cup yogurt with 1/2 cup sliced strawberries and 1/2 cup banana

1 cup cornflakes with 1/2 cup milk

1/3 cup grated cheese melted on 1 small whole wheat tortilla

Note: 1 serving Fruit = 1 cup

1 serving Grain = 1 oz (1 cup flaked cereal, 1- 1/4 cup puffed cereal,
1 slice bread, 1 small tortilla)

1 Serving Milk = 1 cup milk, 1/3 cup grated cheese, 1 cup yogurt

Ask students why breakfast helps shape how they learn and feel all day. Answer: Breakfast gives their brains and bodies GO power!



Activity 3: Physical Movement Connection

Ask students (as a class) to spell out the breakfast foods Jose ate. Add movement, by having them stand-up (or sit-down if they are already standing) each time they call out a vowel (or a particular consonant you identify).



Goal Setting



Using the Breakfast Champion Goal Sheet, write a goal that includes adding one or more foods to shape a healthier breakfast pyramid. (Such as eating fruit or drinking juice at breakfast, or eating different kinds of fruits during the week, etc.).

★Remember to also have students set their physical activity goal and journal their thoughts!

★ Grades 1 -3: Breakfast Champions ★

Activity 1: Check the "shape" of the Pyramid

Materials Needed:

- Pictures of a variety of foods
- A MyPyramid shape on the floor