

Homemaker Club Lesson for 2008-09
"Power Up the Day"
Leader's Guide

Introduction

Breakfast is an important meal. It serves to "break the fast" from the last evening meal. Eating breakfast gives your mind and body a jump start of energy to begin the day. Studies show that children who don't eat breakfast tend to have less energy in the morning, are more distracted and may have difficulty paying attention in school. Breakfast also helps children meet their daily nutritional needs, so when they skip breakfast, it may be difficult for them to meet all of the energy and nutrient needs for the day. Conversely, children who begin the day with breakfast have energy to play and learn and generally perform better in school than kids who don't eat breakfast.

We can eat any nutritious food for breakfast. Breakfast doesn't have to include only foods such as eggs, toast and cereal that often are considered "traditional" morning foods. In other cultures, breakfast foods may include rice, tortillas, burritos and cabbage salad with a cold fried egg on top. Less conventional foods such as soups, sandwiches, leftovers and even pizza can be eaten for breakfast. Often, children skip breakfast because they are not hungry in the morning or are very busy rushing to get to school. Encouraging these children to take along some food items they can eat later when they are hungry is a great time to share. Some foods they might consider are: fruit, crackers, break sticks, dry cereal, trail mix, string cheese and 100% juice boxes.

Lesson Objectives

Kentucky Extension Homemakers will be able to:

1. Explain the benefits of eating breakfast.
2. Explain how "non-traditional" breakfast food can be a healthy choice.
3. Evaluate their breakfast meal and determine the amount of discretionary calories in this meal.
4. Plan a healthy breakfast based on the MyPyramid eating plan that is low-calorie and satisfying.
5. Make a strawberry yogurt smoothie and explain why it would be a healthy breakfast choice.

Youth will be able to:

1. Learn that they can eat any nutritious food for breakfast.
2. Identify some of the benefits of eating breakfast.
3. List foods they can eat for breakfast, including new foods they may not have tried before.
4. Make a strawberry yogurt smoothie and explain why it would be a healthy breakfast choice.

Key Questions

1. Why is it a good idea to start the day by eating breakfast?
2. How does eating breakfast help you start your day off right?
3. What new foods could you try for breakfast?
4. How can you share what you have learned with youth in your community?

Teaching Activities

1. Provide a brief overview of the importance of breakfast using the Extension publication "Breakfast Makes a Difference" (NEP-214). Make sure to give each member a copy of this publication to take home.
2. Have Homemakers complete the "Rate Your Breakfast" section of this publication. Homemakers should use this information, along with the information contained in the next section to determine the number of discretionary calories in their morning meal. Ask for volunteer to share their information with the rest of the group.
3. Discuss with Homemakers the "Jump Into Foods & Fitness" youth lesson and share ideas on how they can use this with youth in their community.
4. Direct Homemakers to the MyPyramid website (www.mypyramid.gov), where they can go online to find out additional information such as: the right amount of caloric intake they should have each day, track their daily intake and physical activity, plan meals, take steps to a healthier weight, and view the many resources available them for free.



5. Demonstrate for Homemakers the recipe for the Strawberry Yogurt Smoothie found in the "Breakfast Makes a Difference" publication. Allow them to taste and discuss variations that could be made to the recipe.

Evaluation

For Homemakers

1. Homemakers will verbally express the importance of breakfast and its benefits.
2. Homemakers will be able to identify new and "non-traditional" foods for breakfast.
3. Participants will evaluate their breakfast meal choice and determine the discretionary caloric intake of it.
4. Participants will be able to identify ways to share their newly gained knowledge with youth in their community.
5. Participants will demonstrate how to make a nutritional fruit smoothie.

For Youth

1. Participants will verbally express healthy food choices for breakfast.
2. Participants will explain the importance of breakfast and why they should not skip breakfast.
3. Participants will be able to identify new food choices for breakfast that are quick, convenient, and tasty.

Suggested Resources

Handout:

"Breakfast Makes a Difference" (NEP-214)

Youth Lesson Plan and Materials:

"Kangaroo Jump 5: Power Up the Day", the nutrition section (pages 89 - 100), from the *Jump Into Foods & Fitness* curriculum

Websites:

MyPyramid (United State Department of Agriculture) www.mypyramid.gov

Jump Into Foods & Fitness (for staff, educators and volunteers)

<http://web1.msue.msu.edu/cyf/youth/jiff/JIFF-Educators.html> - contains tips on teaching JIFF curriculum lessons and links that allow you to download handouts for use with a youth audience.