



# Building Healthy Communities HEALTHY BREAKFAST

## OBJECTIVE

### What am I learning?

In this lesson, you will learn that a healthy breakfast provides **energy** and should include **3 or more food groups**.

### How will I know I've learned it?

- I know why my body needs a healthy breakfast.
- I know I should eat 3+ food groups at breakfast.
- I know that eating a healthy breakfast gets my **brain ready to work and helps me focus**.

## LESSON OVERVIEW

Have you ever heard that breakfast is the most important meal of the day? Kids' bodies and brains are growing and developing, so it is important to eat regular meals to refuel your energy. If you skip breakfast you will often feel tired, hungry, or even irritable. Breakfast helps to keep us focused throughout our day. When you feel hungry, it is your body's way of telling you that you need more energy for your body to concentrate, grow, and repair itself. If we don't eat breakfast, we may go 12 hours without any extra fuel to give us energy! A good breakfast includes 3 or more food groups.

<https://youtu.be/u8N7d-TS1Jo>



### Discussion Questions:

1. How does breakfast prepare us for the day?
2. How many food groups are in a balanced breakfast?
3. How long after you wake up should you eat breakfast?

## MICHIGAN NUTRITION STANDARDS

Click on the below grade icons to see the associated nutrition standards highlighted in the attached documents.

**K-1** **2-3** **4-5**

### GRADE LEVEL

### CLASSROOM ACTIVITIES



- [Breakfast Parfait My Way!](#)
- [Breakfast Pledge](#)



- [What Does Your Breakfast Say About You?](#)
- [Healthy Breakfast Word Search](#)



- [The Breakfast Games](#)
- [Morning Routine](#)
- [Morning Math Calorie Count](#)
- [Breakfast Word Search & Tips](#)



- [Healthy Breakfast Advanced](#)
- [Breakfast Game Advanced](#)

## READ ALONG

### [The Best Breakfast](#)

In [The Best Breakfast](#), written by Mona Hodgson, Peck wants to fix a perfect breakfast for all his animal friends.

