



SESSION 3: WHAT'S ON MY PLATE?

Investigating food groups and what makes a balanced meal

Making power-packed breakfasts

KEY MESSAGES :

- A healthy breakfast is essential to a great day!
- A winning breakfast includes whole grains, fiber, and protein and not too much added sugar.
- Whole grains are different than refined grains—they are more nutritious and give you energy for longer.
- You need at least 5 servings of fruits and vegetables each day. Try to eat a wide variety of colors...eat a rainbow!
- MyPlate can help you create balanced meals.

PREPARATION :

- Purchase ingredients for Seriously-good-for-you Scrambled Eggs
- Print copies of the recipe for each student.
- Print a copy of MyPlate for each student.
- Review MyPlate and different food groups
www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf
- Review sites to teach basic knives skills to children

www.seriousseats.com/2010/05/knife-skills-how-to-hold-a-knife.html

www.eatyourbeets.com/kitchen-tips/7-tips-for-teaching-your-kids-how-to-use-a-knife/

EQUIPMENT NEEDED :

- Session #3 Bin
- Unhealthy breakfast options such as: Cocoa Puffs, Froot Loops, Lucky Charms, Trix cereals, Donuts, and Pop Tarts
- 2 Small frying pans
- 2 Spatulas
- Teaspoons
- 3 Colanders for washing veggies
- Cutting boards
- Knives
- Serving bowls
- Small red mixing bowls
- Plates, forks, napkins

SET UP :

- Display unhealthy breakfast items on long table for students to investigate.

DISCUSSION



? **What do you normally eat for breakfast?**

? **Who chooses what you eat for breakfast?**

? **Why is breakfast so important?**

- After not eating all night, your body needs to refuel.
- If you miss breakfast, you will be tired and grumpy by mid-morning.
- If you don't eat a good breakfast, it will be harder to concentrate at school.
- Eating a good breakfast will help you eat healthier throughout the entire day.

! It's important to have the right type of breakfast. What we choose to eat in the morning is crucial! Choose breakfast foods that have:

- Protein
- Whole grains
- Fiber
- And are low in added sugar

This will boost your attention span, concentration, and memory.

Show large poster of MY PLATE graphic and review the food groups.

Proteins: building blocks for bones, muscles, cartilage, skin, and blood.

Examples: Milk, cheese, eggs, yogurt, peanut butter, nuts

Choosing a breakfast with protein will help you feel full longer!

Grains: Certain types of plants that give you energy

Examples: Wheat, oats, corn, rice

? **What is the difference between a whole grain and a refined grain?**

- Whole grains contain the whole kernel—the most nutritious part of the plant.
- Whole grains release a steady flow of energy.
- Refined grains have been highly processed and the nutritious part of the kernel have been removed.
- Refined grains last longer on the grocery store shelves but are much less nutritious.
- Refined grains give you a burst of energy but then can slow you down.

Dairy: Food made from milk products, which have calcium and strengthen bones.

Examples: Milk, yogurt, cheese, cottage cheese

! **Fruits and Vegetables:** At least FIVE servings per day

The more colorful your food, the better (as long as the colors come from real, natural fruits and vegetables and not artificial colors). Try to eat all of the colors of the rainbow everyday.



INVESTIGATION

Have students look at the breakfast options on the table one item at a time and ask students if they look like good breakfast choices.

- Any protein?
- Any whole grains?
- Any natural fruit?
- Too much sugar?

! Many breakfast foods for children are highly-processed, have large amounts of sugar, and contain artificial ingredients.

Sugary cereals for breakfast may taste sweet, but will make you feel sour!

In our session last week, we discussed how eating a lot of sugar will give you a burst of energy, but then make you feel really tired.

If there is time:

- Have students use their sugar calculations skills from last week to see how much sugar is in a serving of cereal.
- Measure out a serving of cereal into a bowl so that students can see how easy it is to eat more than one serving. Discuss portion distortion with students.

? **What are some healthy breakfast ideas?**

- Plain oatmeal in the microwave with fruit on top
- Nut butters on whole grain bagel
- English muffin with banana on top
- Egg sandwich on whole wheat toast



COOKING

We're going to make Seriously-good-for-you Scrambled Eggs. They are a great source of protein and a very easy way to eat loads of veggies.

This cooking session is challenging because only 2 students can cook their omelet on a stove top at a time.

Have everyone help rinse and prep veggies and place in serving dishes.

Then make an assembly line, and have 2 students start at a time.

While students are waiting for their turn, have them take paper plates and draw MyPlate sections with breakfast ideas.

Or students can play with Food Explorer card games.

COOKING SKILLS THIS SESSION USING A KNIFE:

Use the following websites to teach students 4 basic techniques:

- Holding a knife with the handle grip
- The CLAW for chopping
- Slicing
- Dicing

www.seriousseats.com/2010/05/knife-skills-how-to-hold-a-knife.html

www.eatyourbeets.com/kitchen-tips/7-tips-for-teaching-your-kids-how-to-use-a-knife/

SAUTÉING:

- cooking food in a small amount of oil in a shallow pan on high heat.



EXPLORATION AT HOME

Have students record what they eat for breakfast every day.