

# Lesson 8 - Breakfast

## Smart Start, Get a Head Start

### Topic

Nutrition

### Audience

2<sup>nd</sup> and 3<sup>rd</sup> Grades

### Suggested Time

45 minutes

### NJ Core Curriculum Standards 2.1 Wellness

*By the end of Grade 2, students will:*

B. Nutrition



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Choosing a balanced variety of nutritious foods contributes to wellness:

2.1.2.B.- 1. Explain why some foods are healthier to eat than others.

2.1.2.B.- 2. Explain how foods on MyPlate differ in nutritional content and value.

### Knowledge Objective(s)

The children will learn about breakfast foods.

The children will learn why breakfast is important.

### Behavioral Objective(s)

The children will use what they learn to choose foods for breakfast that are good sources of energy.

The children will use what they learn to identify which MyPlate food groups their food choices are in.

### Life Skill(s)

The children will make healthy choices.

The children will learn about why breakfast is important to their health.

The children will learn about why breakfast is important for learning.

### How This Activity Is Behaviorally Focused

The children will use what they have learned to choose foods that they will eat at breakfast from MyPlate.

## Supplies Needed

MyPlate for Kids poster

“Breakfast Plate” handout

“What Am I?” handouts (2<sup>nd</sup> grade only)

“Poor Franny Worksheet” handouts (3<sup>rd</sup> grade only)

“Five Fuzzy Fruit Breakfast Riddles” handouts –Leave behind with the teacher

“The Breakfast Cereal Club” handouts (3<sup>rd</sup> grade only)

“Complete Breakfast Worksheet” handouts (2<sup>nd</sup> grade only)

## Teaching Tip(s)

Write important words on the board

## Important Word(s) For Children & Educator

**Meal:** foods served and eaten together at one time.

**Breakfast:** The first meal you eat in the morning after getting up.

**Breakfast Rule:** Breakfast should have at least 3 different foods from at least 3 different parts of MyPlate but foods from more food groups are good too.

**Energy:** what we get from foods like grains, fruits and vegetables that gives us fuel to play and learn and study.

**Combination Foods:** a food like pizza or tacos that have foods from more than 1 food group.

## Pre – Lesson Preparation

Hang MyPlate youth poster in front of the class.

Have all handouts.

## Background Information for Educator

After a long night of sleeping, your fuel tank is empty. Breakfast gives you the fuel to get you going so you can hit the road alert and with energy. This is the most important meal of the day because it gives you the energy you need to keep your body and your mind working right. It is best to start your day with a breakfast.

Breakfast will help you concentrate better, work faster, and be more creative. Children who eat breakfast are better able to pay attention in class and do well on tests. Children who skip breakfast can feel tired in the morning. But eating breakfast will give you more energy and strength for both schoolwork and play each day.

MyPlate tells us that we should have foods from every food group at each meal. It also tells us that our plate should look like the picture of MyPlate  $\frac{1}{2}$  veggies and fruits and  $\frac{1}{2}$  grains and protein with more grains and veggies on each  $\frac{1}{2}$ . We don't always do this at breakfast. It is best if your breakfast is made up of at least 3 different foods from 3 different food groups. This is the BREAKFAST RULE. When you eat foods from at least 3 food groups you can get a good balance of healthy nutrients to start your day. So it is best to eat from as many food groups as you can for breakfast but foods from at least

3. Eating foods for breakfast from the protein group, including meat and beans, is also a great way to start your day healthy. Breakfast food can be any food that you want to eat that has foods from at least 3 different parts of MyPlate. Here are some healthy things to eat for breakfast:

- un-sweetened cold cereal or hot cereal and milk with fruit,
- whole grain toast or tortilla, low-fat cheese and a banana,
- bagel or English muffin and yogurt with fruit,
- rice and beans and a glass of low-fat milk.
- eggs and turkey bacon with veggies or fruit,
- tuna fish salad and celery and glass of orange juice

There is also nothing wrong with having a peanut butter and jelly sandwich for breakfast with a piece of fruit or a glass of low-fat milk. In many places people eat rice, beans, meat, soup, fish or other foods for breakfast and these are good too.

**NOTE TO EDUCATOR: Be sure that the children know these are also healthy breakfast choices.**

In this country, the 3 foods that we eat a lot and that can meet the breakfast rule are cereal from the grains group, milk from the dairy group, and orange juice from the fruit group. But as you can see from the list above, there are other foods that will meet the rule too.

The kind of foods you eat at breakfast can affect how much energy you have during the day. Sugary breakfast foods like sugar-coated cereals, doughnuts, and pop tarts will give you a burst of energy that will not last. Not long after eating those foods, you may become tired and hungry. Remember to make half your grains whole, vary your veggies, and check out fruits. Foods like whole grain cereals, beans, fruits and vegetables have a lot of fiber. These foods help to keep you from getting tired and feeling hungry until it is time to eat again.

**LESSON:**

Briefly review the MyPlate for Kids lesson by asking the children to identify the different food groups and why they are good for you. It should take no longer than 5 minutes.

**Activity 1:**

1. Tell the children: “We are going to talk about the most important meal of the day.”  
Ask the children: “Which meal do you think it is?”

*Answer: Breakfast.*

2. Ask the children: “Do you know what it means ‘to fast’?”

*Answer: Fasting means that you haven't eaten anything for a long time. For example, while you are sleeping you are fasting.*

3. Ask the children: "What does breakfast mean?"

*Answer: Breakfast means you break the fast from the night before.*

4. Ask the children: "Did you eat breakfast this morning – yes or no?" Write the number of 'yes' answers and the number of 'no' answers on the board.

Look at the results and ask the children: "Which group had more people in it?"

5. Ask the children: "How do you feel when you eat breakfast?"

*Answers will vary, but should include: they have more energy, think better, and are not hungry until snack or lunch.*

6. Ask the children: "Why do you think we should eat breakfast every morning?"

*Answers will vary, but should include the following (If the children do not give all these answers be sure and share the answers they have not given.)*

- *Gives us energy and strength for the things we do all day.*
- *Helps us to think and do better in class*
- *Keeps us from being tired and cranky.*
- *Helps our stomachs feel full until lunch or snack time.*
- *Helps to get all the vitamins and minerals we need each day.*

7. Ask the children: "What do you think will happen if we skip breakfast?"

*Answers will vary, but should include:*

- *feel tired and grouchy*
- *not have the energy to run or play.*
- *not be able to think about school work or give correct answers to questions.*

*Be sure to tell the children that some children eat breakfast at home and some children eat breakfast at school. It does not matter where you eat breakfast as long as you eat something in the morning.*

8. Question: Ask the children: "What are some foods you eat for breakfast?"

Answers will vary but should and can include any healthy combination of foods:

- Foods from the grains group like un-sweetened cold cereal and hot cereal like oatmeal, grits, rice, tortillas, pancakes or waffles, whole grain toast, English muffins
- Foods from the fruit group like orange juice, fruit salad, apples, bananas, raisin, mango, peaches
- Foods from the vegetable group like tomatoes, peppers and onions, cooked greens, and mushrooms which all taste really good in a veggie omelet
- Foods from the dairy group like low-fat milk, yogurt, or cheese
- Foods from the protein group like eggs, beans, chick peas or hummus, lean meat, nuts, seeds and peanut butter, or almond butter

Some combinations of foods which have things from more than one food group like rice and beans, hummus and pita bread, peanut butter and jelly sandwich, or yogurt with fruit and nuts are also good for breakfast. Yogurt with fruit and nuts can also be called a parfait.

9. Ask the children: “Do you know what THE BREAKFAST RULE is?”

Answer: *THE BREAKFAST RULE is that it is best to eat at least 3 healthy low-fat, low sugar foods from at least 3 different foods groups on MyPlate. You can eat from more than 3 food groups if you want. This can be 1 serving of a low-fat choice from the dairy group, 1 serving of a whole grain food from the grains group, and 1 serving of whole or cut up fruits and veggies from the fruits or vegetables groups. It can also be 1 serving of a low-fat protein food from the protein group instead of the dairy group, 1 serving from the grains group and 1 serving from the vegetable group. You can also have more than 1 serving from these groups.*

**NOTE TO EDUCATOR: Write on the board under the heading THE BREAKFAST RULE: REMEMBER 3 –At least 3 different healthy foods from at least 3 different food groups.**

As an example, tell the children for breakfast you had a peanut butter sandwich on whole wheat bread with a can of soda. Ask the children: “What food groups are peanut butter, whole wheat bread and soda from?”

Answer: *Peanut butter is in the protein group and whole wheat bread is in the grains group.*

10. Ask the children: “What food does not belong in any food group?”

*Answer: Soda*

11. Ask the children: “Does this breakfast meet the breakfast rule?”

*Answer: No.*

12. Ask the children: “What foods could we add that would make this breakfast follow the **Breakfast Rule**?”

*Answer: We could add a food from the fruits, vegetables, or dairy groups, for example, a banana, some celery sticks, or a glass of low-fat milk. Ask the children to give you other examples of foods from the fruits, vegetables, and dairy groups that would make this breakfast fit THE BREAKFAST RULE.*

13. Ask the children: “Who would like to tell us what they had for breakfast today?”  
Chose as many students as you feel you have time for. Write their answers on the board.

14. Ask the children to: “Name the food groups that these breakfast foods are in.” Give as many children as possible a chance to participate.

15. Ask the children: “Do these breakfasts meet THE BREAKFAST RULE?” Wait for the children to answer.

Pass out the “Breakfast Plate Handout” and ask the children to draw the foods they would eat for a favorite breakfast on the plate. When children are finished, ask for volunteers (as many as time allows) to come to the MyPlate poster in front of the class and tell you what food group(s) on MyPlate their breakfast choices belong in. Put a check mark in each food group category that the child says. If you would like, you can use Dairy council food model cards that the children can use to decide what they would eat for breakfast instead of having the children draw.

16. If you have time, ask each child: “Does your breakfast follow THE BREAKFAST RULE?” If not, chose volunteers.

17. The educator should point out to children if a favorite breakfast they drew does not have foods from 3 different food groups. If it does not, then ask the children: “What could be added to make sure that 3 food groups are a part of your breakfast?”

**NOTE TO EDUCATOR: Allow unusual responses, such as pizza, rice and beans, soup, salad and leftover chicken. Tell the children that combination foods such as pizza follow the Breakfast Rule. Explain how each of the food items in pizza meets the Breakfast Rule. Pizza: crust (grain), cheese (dairy), and tomato (vegetable).**

It is important to tell the children that foods like fried chicken and pizza are not okay to eat for breakfast all the time; however, they can be eaten now and then if that is all there is.

Tell the children they may have other foods that you have not talked about like any leftovers especially if there is no time to make breakfast. The most important thing is to eat something in the morning for energy to get a good start to your day.

## **Activity 2**

Tell the children: “People around the world eat different foods for breakfast and their choices do not always follow THE BREAKFAST RULE.”

To give them an idea of what this means write the names of the following countries on the board: Finland, Japan, China, Egypt, England, and Italy.

Tell the children: “I am going to describe a breakfast. After I describe it, tell me which country you think it comes from and if it meets the REMEMBER 3 BREAKFAST RULE

*Note: There may be some giggling.*

- You can't leave the table until you finish your fruit, cheese, tomatoes, and cucumbers, smoked reindeer and bread. *Answer: Finland*
- Does this meet The Breakfast Rule: *yes- fruit, dairy, veggies, protein and grains*
- Roasted seaweed dipped in soy sauce, boiled rice, pickled radishes and salted plums – don't forget to take off your shoes. *Answer: Japan.*
- Does this meet The Breakfast Rule: *yes - veggies, grains and fruit*
- Rice, dried pork, pickles and soybean juice – with chopsticks. *Answer: China.*
- Does this meet The Breakfast Rule: *yes - grains, protein and vegetables - Chinese people eat a lot of different veggies.*
- “Bread wrapped around fried eggplant, beans, tomatoes and peppers – under pyramids. *Answer: Egypt.*
- Does this meet The Breakfast Rule: *yes - grains, veggie, and protein*
- Grilled kidneys, tomatoes, sausages and egg – before you go see the Queen. *Answer: England.*

- Does this meet The Breakfast Rule: *n - it is only foods from the protein and veggie group.*  
Note: If you have time, ask the children what they would add to this to make it meet the rule, *like a glass of milk or a piece of fruit or a slice of whole wheat bread*
- Dark bread, meat spread, with a slice of cheese – before you see the Alps. *Answer: Germany or Switzerland*
- Does this meet The Breakfast Rule: *yes - grains, protein and dairy*
- Corn tortilla, beans and cheese – before you go to the fiesta. *Answer: Mexico*
- Does this meet The Breakfast Rule: *yes - grains, protein and dairy*

If there is time, give students the worksheets listed below and complete them with the class. Don't forget to allow a few minutes at the end of the class to review what the children learned today. Leave behind any handouts that you don't have time to complete or start.

Give “Complete Breakfast Worksheet” and “What Am I” to 2<sup>nd</sup> graders.

Note: the bottom of the “What Am I” worksheet should be filled out after class with the teacher if you don't have time to do it in class.

Give “The Breakfast Cereal Club” and “Poor Franny Worksheet” to the 3<sup>rd</sup> graders.

### **Conclusion**

Ask the children: “What did you learn about breakfast today?” Wait for the children to answer.

*Answers will vary but be sure they include:*

- *It is important to eat breakfast after not eating when you sleep*
- *Breakfast will help give you energy for the day*
- *Breakfast will keep you from getting hungry before you can eat again.*
- *Breakfast will help you learn better*
- *Breakfast will keep you from being tired and restless.*
- *Remember 3: Breakfast Rule: 3 different foods from 3 different food groups*

Ask the children: What is The Breakfast Rule?

*Answer: It is best if you can eat 3 different foods from at least 3 different food groups on MyPlate for breakfast.*

Ask the children: “What foods will you try to eat for breakfast that follows The Breakfast Rule?” Wait for the children to respond.

Remind the children: “REMEMBER, DO NOT BE A BREAKFAST SKIPPER”.

NOTE TO THE EDUCATOR: Leave behind “Five Fuzzy Fruit Breakfast Riddles”, the second half of “What Am I?”, and any other handouts which you didn’t have time to do with the class.

## **References**

“Better Breakfasts.” *Nutrition for Kids and Teens*. Nutrition for Life Section. American Dietetic Association Available at: <http://www.eatright.org/Public/content.aspx?id=6747>  
Accessed: August 13, 2010

“The Breakfast Rule Lesson.” *Florida 4–H Building Better Breakfasts with Fran Muffin*. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996

Duyff, Roberta L. *American Dietetic Association Complete Food and Nutrition Guide*. 4<sup>th</sup> Ed. John Wiley & Sons, Inc. Hoboken, NJ. 2012

“Wake Up to the Benefits of Breakfast.” Food Insight. International Food Information Council Foundation. March 2010. Available at: <http://www.foodinsight.org/home.aspx>  
Accessed: August 13, 2010

## **Handouts:**

The Breakfast Cereal Club (1997). Adapted from The Quaker Oats Company.  
<http://quakeroats.com>

“Breakfast Plate” *4–H Building Better Breakfasts with Fran Muffin*. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996. Adapted 2007. [http://florida4h.org/projects/fcs/FoodNutrition/SP\\_4HFNL25\\_promo.pdf](http://florida4h.org/projects/fcs/FoodNutrition/SP_4HFNL25_promo.pdf)

“Complete Breakfast.” *4–H Building Better Breakfasts with Fran Muffin*. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996. Adapted by NJSNAP-Ed 2007.

“Five Fuzzy Fruit Breakfast Riddles”. California KiwiFruit Commission. Adapted February 2, 2006 from <http://www.kiwifruit.org>

“Poor Franny Worksheet “4–H Building Better Breakfasts with Fran Muffin. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996. Adapted 2007.

“What am I?” 4–H Building Better Breakfasts with Fran Muffin. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996. Adapted 2007

Adapted from *SMART FOODS ROCK* Curriculum created by NJ SNAP-Ed Union County staff.



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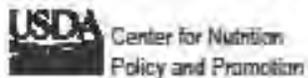


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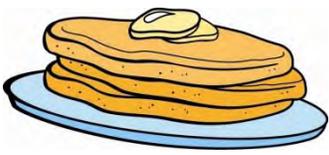


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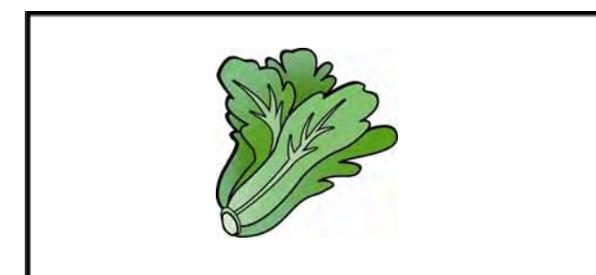
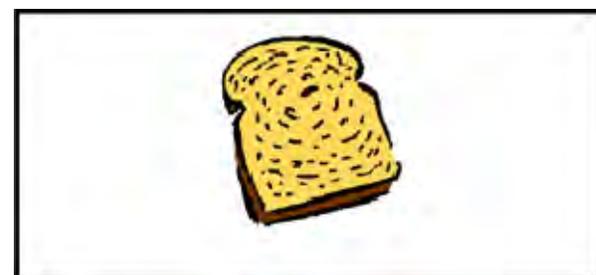
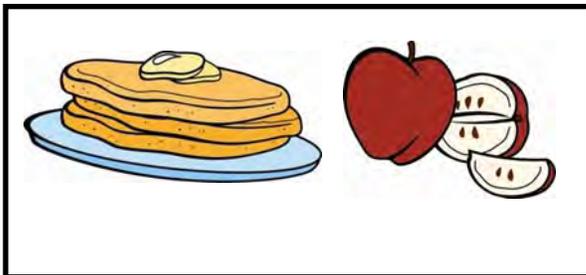
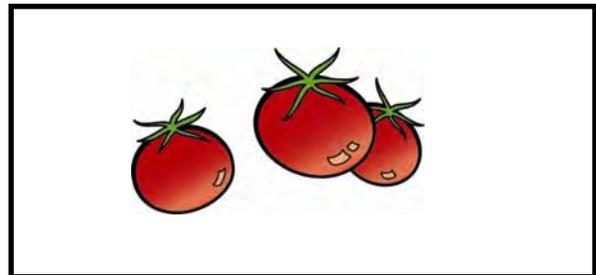
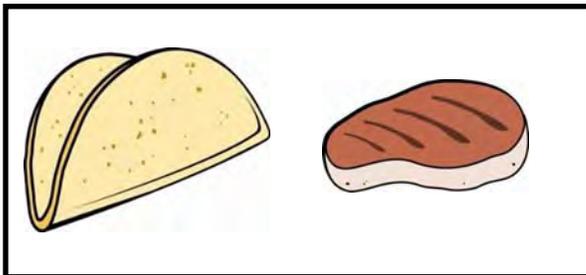
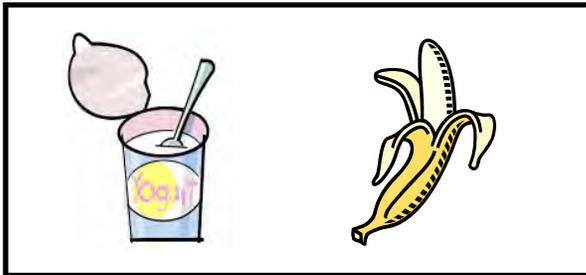


Name \_\_\_\_\_

# Complete Breakfast Worksheet

A good breakfast should have foods from 3 different food groups. But you can have more. Remember all foods fit.

**DIRECTIONS:** Draw a line from each breakfast that is MISSING a food to the food that would make it meet the THE BREAKFAST RULE.



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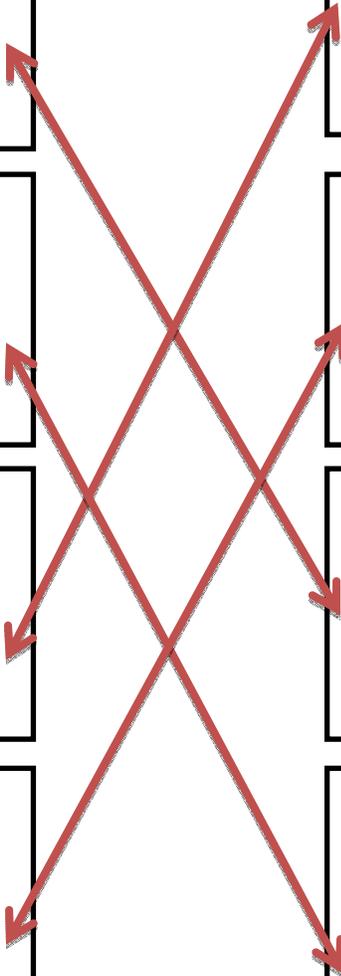
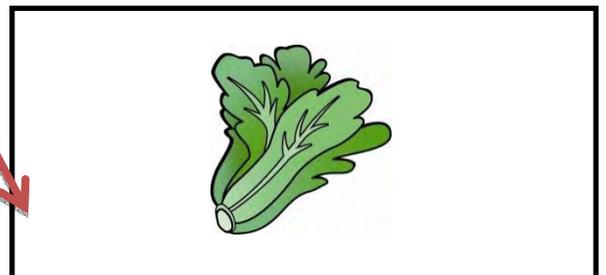
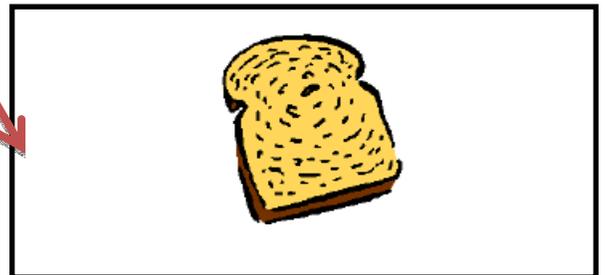
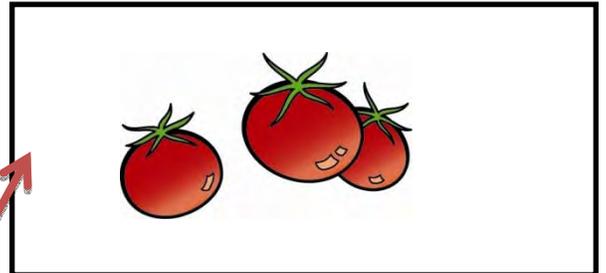
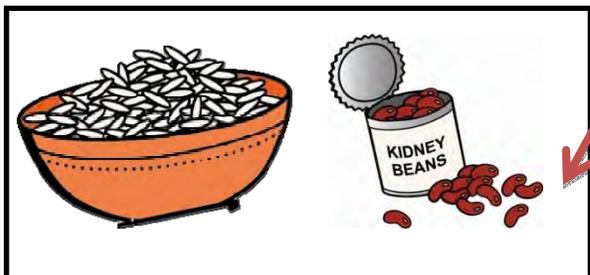
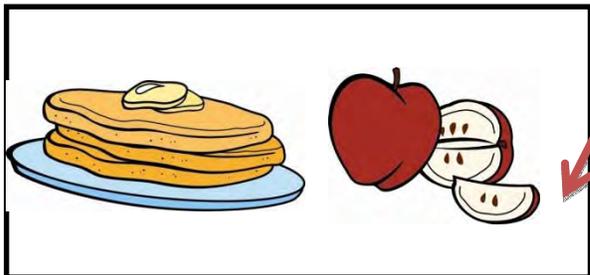
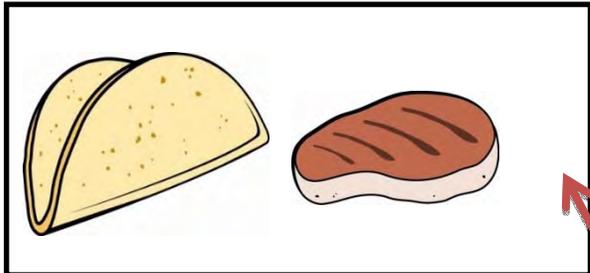
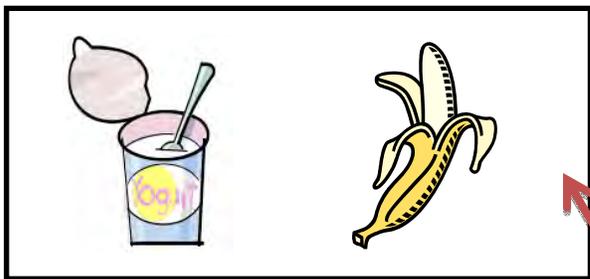


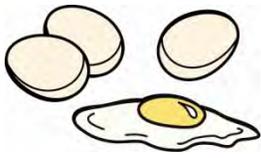
ANSWER SHEET

# Complete Breakfast Worksheet

A good breakfast should have foods from 3 different food groups. But you can have more. Remember all foods fit.

DIRECTIONS: Draw a line from each INCOMPLETE breakfast to the food that would make it complete.





Name: \_\_\_\_\_

# What Am I?

DIRECTIONS: After reading each statement, fill in the blank with the matching food listed below.

1. \_\_\_\_\_ I am oval shaped with a white hard shell that you must crack and break to get my edible part, which is thick, clear, liquid and a yellow center!
2. \_\_\_\_\_ I am an orange liquid with a tangy, sweet, and sour taste. I come from a fruit that probably grew in Florida.
3. \_\_\_\_\_ I am thick and creamy and you can eat me with a spoon right out of my container. I sometimes have fruit mixed in me.
4. \_\_\_\_\_ I am a small white or brown grain that you sometimes eat with beans.
5. \_\_\_\_\_ I am a grape that was dried in the sun so that I got sweeter, smaller, wrinkled, and brown.

EGG	YOGURT	RICE	RAISIN	ORANGE JUICE
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Now you try it! Using complete sentences, write descriptions of the foods below:

Apple: \_\_\_\_\_

\_\_\_\_\_

Milk: \_\_\_\_\_

\_\_\_\_\_

Your favorite breakfast cereal: \_\_\_\_\_

\_\_\_\_\_

Adapted from *4-H Building Better Breakfasts with Fran Muffin*. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida

6/16/14



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**ANSWER SHEET**

# What Am I?

DIRECTIONS: After reading each statement, fill in the blank with the matching food listed below.

1. **Egg** I am oval shaped with a white hard shell that you must crack and break to get my edible part, which is thick, clear, liquid and a yolk as yellow as a school bus!
2. **Orange Juice** I am an orange liquid with a tangy, sweet, and sour taste. I come from a fruit that probably grew in Florida.
3. **Yogurt** I am thick and creamy and you can eat me with a spoon right out of my container. I sometimes have fruit mixed in me..
4. **Rice** I am a small white or brown grain that you sometimes eat with beans.
5. **Raisin** I am a grape that was dried in the sun so that I got sweeter, smaller, wrinkled, and brown.

EGG	YOGURT	RICE	RAISIN	ORANGE JUICE
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*Now you try it! Using complete sentences, write descriptions of the foods below:*

Apple: \_\_\_\_\_  
\_\_\_\_\_

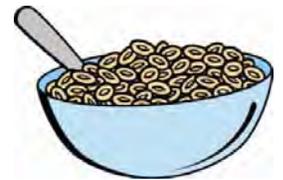
Milk: \_\_\_\_\_  
\_\_\_\_\_

Your favorite breakfast cereal: \_\_\_\_\_  
\_\_\_\_\_



# The Breakfast Cereal Club

## Just for Kids



### Start Your Engines

Just like a car needs gasoline in its tank, your body needs to fuel up every morning. How? By eating a good breakfast. Breakfast really IS a smart way to start the day, but do you know why? Find out by filling in the blanks with the words in the boxes.

1. Breakfast \_\_\_\_\_ your brain power all morning long.
2. Breakfast makes it easier to \_\_\_\_\_ in class.
3. Breakfast gives you the \_\_\_\_\_ to run faster, jump higher, and throw farther.

ENERGY

CHARGES UP

THINK

### TEST YOUR BREAKFAST BRAIN POWER

*Unscramble the words below to make a list of good-for-you breakfast foods.*

LIMK

GESG

FFLSEWA

LOCD RECEAL

YGOTRU (lowfat)

NUTPEA TUBTER

ESPECAH

EESECH

BERSATRWRIES

NAPCASKE

LOUPEANCTA

OTAMEAL

NRAB FFMUIN

HOLEW WTHEA STOAT

MILK

PEANUT BUTTER

EGGS

CANTALOUPE

YOGURT

PEACHES

COLD CEREAL

OATMEAL

STRAWBERRIES

CHEESE

WAFFLES

BRAN MUFFIN

PANCAKES

WHOLE WHEAT TOAST

Adapted from The Quaker Oats Company.

11/19/14 (r)



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NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



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# ANSWER SHEET

## The Breakfast Cereal Club Just for Kids

### Start Your Engines

Just like a car needs gasoline in its tank, your body needs refueling every morning. How? By eating a good breakfast. Breakfast really IS a smart way to start the day, but do you know why? Find out by filling in the blanks with the words in the boxes.

1. Breakfast **CHARGES UP** your brain power all morning long.
2. Breakfast makes it easier to **THINK**.
3. Breakfast gives you the **ENERGY** to run faster, jump higher, and throw farther.

ENERGY

CHARGES UP

THINK

### TEST YOUR BREAKFAST BRAIN POWER

*Unscramble the words below to make a list of good-for-you breakfast foods.*

MILK

LIMK

EGGS

GESG

WAFFLES

FFLSEWA

COLD CEREAL

LOCD RECAL

YOGURT

YGOTRU (lowfat)

PEANUT BUTTER

NUTPEA TUBTER

PEACHES

ESPECAH

CHEESE

ESECH

STRAWBERRIES

BERSATRWRIES

PANCAKES

NAPCSAAKE

CANTALOUPE

LOUPEANCTA

OATMEAL

OTAMEAL

BRAN MUFFIN

NRAB FFMUIN

WHOLE WHEAT TOAST

HOLEW WTHERA STOAT

MILK

PEANUT BUTTER

EGGS

CANTALOUPE

YOGURT

PEACHES

COLD CEREAL

OATMEAL

STRAWBERRIES

CHEESE

WAFFLES

BRAN MUFFIN

PANCAKES

WHOLE WHEAT TOAST



# Poor Franny Worksheet

**Directions:** Fill in the blanks with the words listed below. Some words may be used more than once.

Franny got up \_\_\_\_\_ this morning. She barely had time to dress and \_\_\_\_\_ her hair before running out the door to catch the \_\_\_\_\_. Now it was \_\_\_\_\_ and her \_\_\_\_\_ was cramped and hurting with hunger. Both her \_\_\_\_\_ and her body had no energy. Poor Franny, if she had only gotten up five minutes earlier, she could have toasted two slices of whole wheat \_\_\_\_\_, or put two slices of \_\_\_\_\_ cheese on them, and rinsed off a big red \_\_\_\_\_. Then she could have eaten these on her way to \_\_\_\_\_, and she would have much more \_\_\_\_\_ now!

<i>school bus</i>	<i>late</i>	<i>comb</i>	<i>stomach</i>
<i>cheddar</i>	<i>apple</i>	<i>school</i>	<i>brain</i>
<i>ten o'clock</i>	<i>bread</i>	<i>energy</i>	

Adapted from February 4–H *Building Better Breakfasts with Fran Muffin*. Institute of Food and Agricultural Sciences, Cooperative Extension Service, University of Florida. 1996

6/16/14



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# Poor Franny

## Worksheet

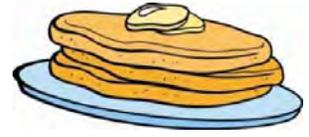
**Directions:** Fill in the blanks with the words listed below. Some words may be used more than once.

Franny got up late this morning. She barely had time to dress and comb her hair before running out the door to catch the school bus. Now it was late and her stomach was cramped and hurting with hunger. Both her brain and her body had no energy. Poor Franny, if she had only gotten up five minutes earlier, she could have toasted two slices of whole wheat bread, or put two slices of cheddar cheese on them, and rinsed off a big red apple. Then she could have eaten these on her way to school, and she would have much more energy now!

<i>school bus</i>	<i>late</i>	<i>comb</i>	<i>stomach</i>
<i>cheddar</i>	<i>apple</i>	<i>school</i>	<i>brain</i>
<i>ten o'clock</i>	<i>bread</i>	<i>energy</i>	



# Five Breakfast Riddles



1. You can pour milk over me for breakfast. You can put slices of bananas or kiwifruit on top of me to make me prettier and healthier.

WHAT AM I?

(RELACE) \_\_\_\_\_

2. I am packed with beans for protein. My inside is wrapped up in a tortilla. You can eat me for lunch or dinner too.

WHAT AM I?

(ORBIURT) \_\_\_\_\_

3. I am brown on the outside, green on the inside with some black spots. I can be eaten whole, in slices, in wedges, or scooped out with a spoon.

WHAT AM I?

(TIUWIKRIF) \_\_\_\_\_



4. I am round and flat. You pour me in a pan to cook me. Sliced fruit like strawberries on top of me tastes great.

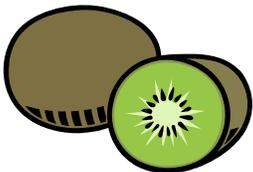
WHAT AM I?

(SEKNAPAC) \_\_\_\_\_

5. You can prepare me in a frying pan and I can be eaten with toast. I am packed with foods from the green group on MyPlate. First you need to crack open the eggs and put them in the pan before you add the other ingredients.

WHAT AM I?

(IEVGEG TEMELO) \_\_\_\_\_



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## ANSWER SHEET

# Five Breakfast Riddles

1. You can pour milk over me for breakfast. You can put slices of bananas or kiwifruit on top of me to make me prettier and healthier.

WHAT AM I?

(RELACE)           **CEREAL**          

2. I am packed with beans for protein. My inside is wrapped up in a tortilla. You can eat me for lunch or dinner too.

WHAT AM I?

(ORBIURT)           **BURRITO**          

3. I am brown on the outside, green on the inside with some black spots. I can be eaten whole, in slices, in wedges, or scooped out with a spoon.

WHAT AM I?

(TIUWIKRIF)           **KIWIFRUIT**          

4. I am round and flat. You pour me in a pan to cook me. Sliced fruit like strawberries on top of me tastes great.

WHAT AM I?

(SEKNAPAC)           **PANCAKES**          

5. Veggie Omelet

You can prepare me in a frying pan and I can be eaten with toast. I am packed with foods from the green group on MyPlate. First you need to crack open the eggs and put them in the pan before you add the other ingredients.

WHAT AM I?

(IEVGEG TEMELO)           **VEGGIE OMELET**