

Grades  
**K to 1**



**HERE**  
For Healthy Schools

**GOOD NUTRITION**

# **BUILDING THE BREAKFAST HABIT**

**THE BIG IDEA:**

Starting the day off with a nutritious breakfast is so important, but for many students, this “habit” may not be part of their existing routine. This activity explores healthy breakfast options with a “tracker” component that allows students to tally their breakfast over a one-week period.

**HEALTHY HABITS**

Presented by Lysol® in collaboration  
with NEA and National PTA.

Education Standards: (NHES) Health: 2.2.1, 6.2.1; (CCSS) English Language Arts: W.K-1.2, SL.K-1.1, SL.K-1.5, L.K-1.5;  
(CCSS) Mathematics: 1.MD.C.4; (NAEA) Visual Arts: VA.K-4.1

## Goals and Skills

### Students Will:

- Give examples of healthy foods in five food groups
- Identify and choose healthy options for breakfast
- Draw a picture of a breakfast food

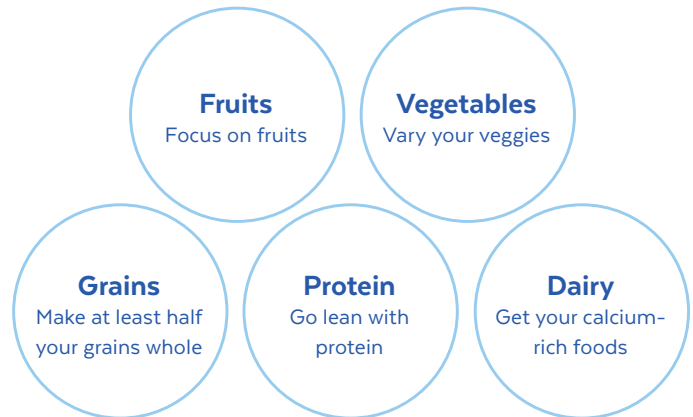
### Supplies and Preparation:

- Chart paper or whiteboard
- Art supplies
- Poster board
- Make copies of My Healthy Breakfast Tracker Chart\* (page 4) and Power Breakfast List (page 5) to send home to parents.

\*The tracker chart is for one week.  
Make additional copies for additional weeks tracked.

## Background for Teacher

Visit the USDA's [www.choosemyplate.gov](http://www.choosemyplate.gov) to download the MyPlate icon, for more information on nutrition and for a list of healthy foods in each of the five food groups.



## Instruction Steps

**1. Exploratory Questions.** Start a class discussion by asking students the following questions:

- What are some foods you like to eat for breakfast?
- Who can think of some foods that might make a good healthy breakfast?

**2. Our Favorite Breakfast Foods.** Make a list of favorite and healthy breakfasts with the entire class. Together, choose and organize the foods in each food group: Fruits, Grains, Dairy, Protein, and Vegetables.

## Teacher Tip!

Need more healthy breakfast food ideas? Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for a list of healthy foods that belong to each food group.

Continue the brainstorm and prompt students, leading them to a list of nutrient-packed options in the five food groups:

- 1. Fruit** (fresh and dried fruits, 100% fruit juice)
- 2. Grains** (oatmeal, whole grain bread, and whole grain/low-sugar cereals)
- 3. Dairy** (low-fat milk, cheese, and yogurt)
- 4. Protein** (eggs, nuts, and lean meats like turkey, chicken, or ham)
- 5. Vegetables** (while not as common at breakfast, veggies can be included, e.g., as a tasty filling for omelets, such as tomatoes, broccoli, or spinach)

Have students practice reading and spelling healthy foods by featuring them as vocabulary words. For example: fruit, banana, apple, bread, cheese, eggs, ham, and tomato.

Practice adjectives by having students describe the taste of each food. For example: sweet, salty, chewy, soft, crunchy, cold, and warm.

**3. The Art of Breakfast!** Provide students with art supplies and have them choose and illustrate their favorite breakfast foods. Encourage them to choose at least one food from each food group.

Create a bulletin display with their colorful art, under the header, “Our Favorite Breakfast Foods.” Over the course of the month, add pictures of new foods they’ve tried as well as new vocabulary words.

**4. Track One Week of Healthy Breakfast.** As a class, track one week of everyone’s breakfast. Use the My Healthy Breakfast Tracker Chart. (You may want to create a large chart-sized version for this activity or copy it onto the whiteboard for easier access.) Every day, invite student volunteers to share what they ate for breakfast and add it to the list. Practice identifying which food group each item belongs to.

Identify new, healthy breakfast options to discover and try together as a class. At the end of the week, reflect on all the foods the class tried. Ask: Which were your favorite? Did you try something new? What did it taste like? What do you want to try next?

**5. Extend the Lesson.** Distribute the My Healthy Breakfast Tracker Chart and explain to students that they will take their trackers home and use them for one week with their parents. Afterward, have students bring their trackers in to share with the class. Together, tally the foods eaten for breakfast during the one-week period. Add new breakfast menu foods to the bulletin board.

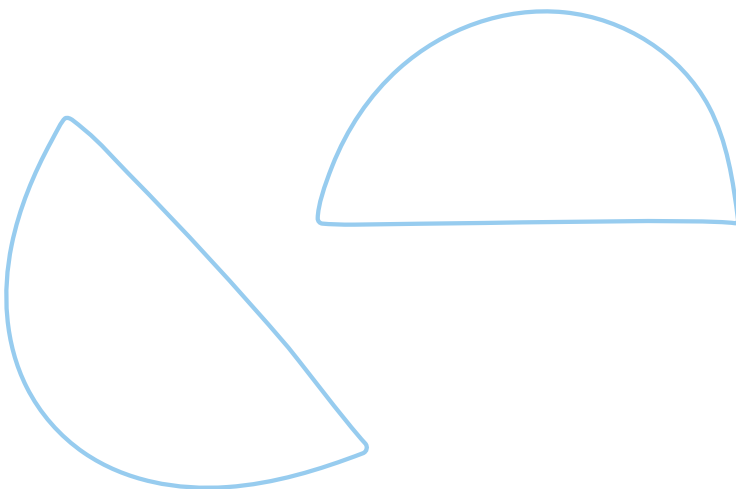
**6. Home Connection.** Go over the Power Breakfast List with students. Then send copies home for parents along with copies of the My Healthy Breakfast Tracker Chart. Inform parents that the class is undertaking a quest to track daily breakfasts and focus on healthy options from a variety of food groups.

Invite parents to work with the students to track their breakfasts at home every day for at least one week, and return the completed My Healthy Breakfast Tracker Chart to class.

Encourage them to visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for healthy and kid-approved recipe ideas!

### Additional Resources:

- CDC - Be A Germ Stopper Poster  
<https://www.cdc.gov/handwashing/posters.html#stopgerms>
- CDC - BAM! Body and Mind  
<https://www.cdc.gov/healthyschools/bam/teachers.htm>
- CDC - Healthy Schools Parent Engagement Materials  
<https://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm>
- CDC - Link to Eagle Book Series Knees Lifted High (Book 2), Plate Full of Color (Book 3), Tricky Treats (Books 4)  
<https://www.cdc.gov/diabetes/ndwp/eagle-books/early-readers.html>



**STUDENT HANDOUT: My Healthy Breakfast Tracker Chart**

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

WHAT I ATE FOR BREAKFAST THIS WEEK				
Week:	FOOD GROUPS			
DAY	FRUITS	GRAINS	DAIRY	PROTEIN
Monday:				
Tuesday:				
Wednesday:				
Thursday:				
Friday:				

**STUDENT/PARENT HANDOUT: Power Breakfast List**

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

**WHICH FOODS DID YOUR BREAKFAST INCLUDE?  
ADD YOUR FAVORITES TO THE LIST!**

**Fruit**

- Fresh fruit or canned fruit in juice
- Dried fruit
- 100% juice

**My Favorites**

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**Dairy**

- Low-fat yogurt
- Low-fat cheese
- Low-fat or fat-free milk

**My Favorites**

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**Whole Grain**

- Oatmeal
- Whole grain cereal
- Whole grain toast

**My Favorites**

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**Protein**

- Nuts
- Peanut or almond butter
- Eggs

**My Favorites**

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Check out MyPlate's selection of easy, healthy recipes—including some breakfast favorites!

<https://www.choosemyplate.gov/myplatekitchen>