



Nurture – Kids Session 4



Break the Fast Jump Start Your Day!

Agenda

20 minutes	<ul style="list-style-type: none"> Exercise: See Family Exercise Lessons. Introductions
15 minutes	<ul style="list-style-type: none"> Break the Fast Breakfast Visuals
5 minutes	<ul style="list-style-type: none"> Review Keeping it Clean, Safety Tips, Reading a Recipe
20 minutes	<ul style="list-style-type: none"> Everyone washes hands Read recipe, talk about MyPlate/food groups, and make Energizing Trail mix Read recipe, talk about MyPlate/food groups, and make Yogurt Parfaits Everyone helps clean up
10 minutes	<ul style="list-style-type: none"> Complete recipe evaluations, Complete Session Evaluations
15 minutes	<ul style="list-style-type: none"> Steal the Breakfast

Additional Materials need for class

Program Management materials -	<ul style="list-style-type: none"> Name Tags Recipe Evaluation Forms Session evaluations Pens 		
Cleaning supplies – Food Serving Supplies – (In Nurture Storage Unit)	<table border="0"> <tr> <td> <ul style="list-style-type: none"> Wipes Sponge Dish soap Dish towels Paper towels </td> <td> <ul style="list-style-type: none"> Plates Spoons Cups Water pitcher Napkins </td> </tr> </table>	<ul style="list-style-type: none"> Wipes Sponge Dish soap Dish towels Paper towels 	<ul style="list-style-type: none"> Plates Spoons Cups Water pitcher Napkins
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Energizing Trail Mix (for 8 - 12)	<table border="0"> <tr> <td> <ul style="list-style-type: none"> $\frac{3}{4}$ cup raisins $\frac{3}{4}$ cup sunflower seeds $\frac{3}{4}$ cup craisins $\frac{3}{4}$ cup pepitas $\frac{3}{4}$ cup nuts $\frac{3}{4}$ cup pretzels </td> <td> <ul style="list-style-type: none"> $\frac{1}{2}$ cup measure $\frac{1}{4}$ cup measure 1 large mixing bowl 1 large mixing spoon </td> </tr> </table>	<ul style="list-style-type: none"> $\frac{3}{4}$ cup raisins $\frac{3}{4}$ cup sunflower seeds $\frac{3}{4}$ cup craisins $\frac{3}{4}$ cup pepitas $\frac{3}{4}$ cup nuts $\frac{3}{4}$ cup pretzels 	<ul style="list-style-type: none"> $\frac{1}{2}$ cup measure $\frac{1}{4}$ cup measure 1 large mixing bowl 1 large mixing spoon
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	<ul style="list-style-type: none"> • $\frac{3}{4}$ cup Go Cereal 	
Yogurt Parfait (enough for 8 to 12 kids)	<ul style="list-style-type: none"> • 1 $\frac{1}{2}$ cup steel cut oats • 3 cups water • 2 pints fresh berries or other cut up fruit • 32oz vanilla yogurt • Raisins, Kashi cereal, pepitas (optional about $\frac{1}{2}$ to $\frac{3}{4}$ cup each) 	5 small bowls for toppings and fruit 1 large bowl for oats Small serving spoons
Teaching Aids	<ul style="list-style-type: none"> • Break the Fast Visual Aids • 20 bean bags • 4 hula hoops 	

Everyone washes hands after exercise

Make introductions

- Talk about class format: start with exercise, then do lesson, then cook, then game/activity
- Introduce teachers, assistants, and kids by having each say
 - Name
 - What their favorite type of active play is
 - What the favorite (healthy) food to cook is (if kids mention slow foods, that's ok)
 - If have sibling/relative there, who is it

Lesson: Break the Fast

Goals:

- Students will understand the importance of eating a well-balanced breakfast
- Students will be able to identify healthy breakfast items

Lesson:

Raise your hand if you ate breakfast this morning. Raise your hand and tell me what you ate for breakfast.

Do you know why it is so important to eat breakfast?

The word breakfast comes from the term 'to break the fast'. To fast, is to go without food for more than 8 hours. After a night of sleep (9-11 hours), your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day! What are some things you do during the day that you need energy for? (sports, activities, paying attention in class, doing class work)

Show slide #1

What happens when you skip breakfast?

If you don't eat breakfast, your growing body begins to slow down. You may feel tired and weak, get a headache, and have a hard time concentrating. Show slide #2

Did you know that kids who eat breakfast have more energy to run and play and do better in school?

Now that you know why it is so important to eat breakfast, let's talk about what kinds of foods are going to give you the most energy to start your day!

A well-balanced breakfast contains a variety of healthy foods. Think about MyPlate and how a meal should have a fruit, veggie, protein, grain, and dairy. Raise your hand and tell me what kinds of foods you think make great breakfast foods? Show slide #3

Eggs, cereal, fresh fruit, yogurt, toast with peanut butter, smoothies, pancakes, cottage cheese, etc.

What foods do you think are not good breakfast foods? What kinds of foods might slow your body down? (Show slide #4)

Pastries, donuts, sugary cereal, fruit punch, Pop Tarts. These types of foods contain a lot of sugar, and some of them contain a lot of unhealthy fats. These types of foods might leave your body feeling sluggish. They also are not very filling, so a few hours after you eat breakfast you might be hungry again.

[If you have extra time, consider the Class Activity from the tips section.]

Let's pretend we're out for a Sunday breakfast. I'm going to show you three really healthy balanced breakfasts. I want you to pick out the one that looks best to you. These are all healthy breakfasts so there's no wrong answer.

The first menu item is scrambled eggs, toast, and cantaloupe (Show slide #5). This would be a great choice because the eggs contain protein that will help us build strong muscles. The toast would give us lots of energy, and the cantaloupe would provide our bodies with vitamins and minerals so we can stay healthy.

The second menu item is yogurt, cereal, and sliced berries (Show slide #6). This would also be an excellent choice because the yogurt has calcium which gives our bodies strong bones and teeth. The cereal would provide our body with long lasting energy, and the berries would provide our body with vitamins and minerals to keep us healthy.

The third menu item is oatmeal with berries, one-half of a grapefruit and a glass of milk. (Show visual #7) Oatmeal would give our body long lasting energy, and the sliced fruit and grapefruit would provide vitamins and minerals to keep our bodies healthy. Grapefruit contains Vitamin C to help us fight germs and colds. The milk would provide our body with protein and calcium so we could build strong muscles.

I know it is a tough choice because all of these foods are delicious! Are you ready to make your order?

Raise your hand if you would order breakfast number 1. Now raise your hand if you would order breakfast number 2. Raise your hand if you would order breakfast number 3.

Answer: All three menu options would be excellent choices.

There are so many great foods to eat for breakfast. Today, we talked about why it is so important to eat breakfast, and we brainstormed many different types of foods that we can eat for breakfast. Remember, try to fill up on a variety of healthy foods in the morning; this will give your body the long lasting energy it needs to do its best!

Tip for Differentiation

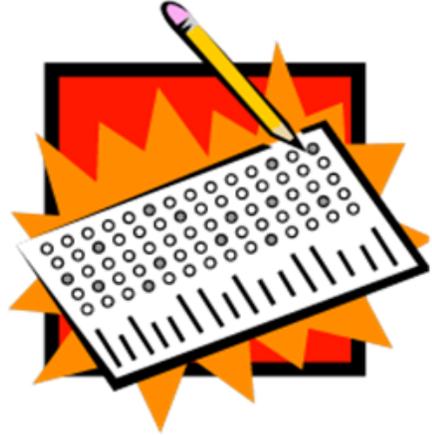
If you have extra time consider adding this class activity where referenced above. Divide the class into two groups. Ask one group to come up with a sample healthy breakfast. Have the other group think of an unhealthy breakfast. A leader from each group should describe the breakfast and then the entire group will s act out how they would feel after eating the unhealthy breakfast and the healthy breakfast respectively.

Why is breakfast important?

It helps you concentrate

It gives you energy

It helps you do better on tests



What happens when you skip breakfast?

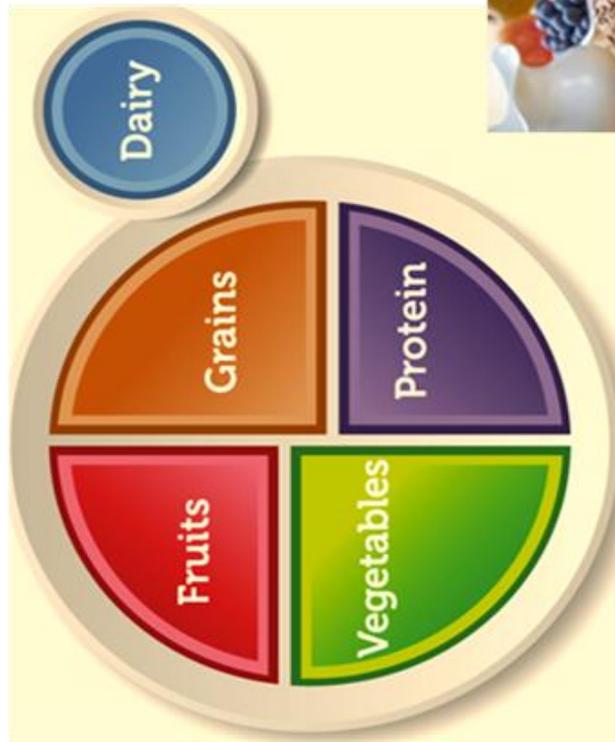
You may feel weak.

You may have a hard time concentrating.

You may get a headache.



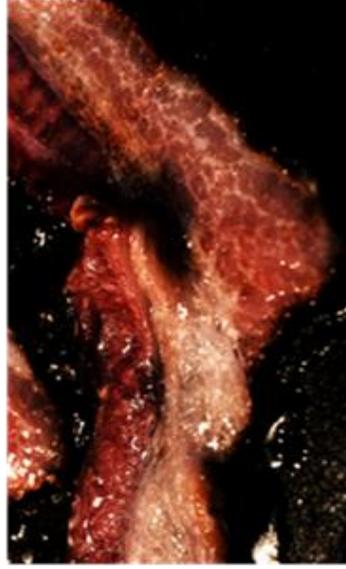
What's in a healthy breakfast?



What foods may slow you down?

Sugary foods

Foods high in unhealthy fats



Breakfast #1



Breakfast #2



Breakfast #3



Keeping it Clean!

1. Always wash your hands before you start!
 - Use warm water
 - Lather on both sides of your hands, wrists and between your fingers
 - Wash for 20-30 seconds
 - Dry completely
 - Re-wash your hands any time:
 - You come in contact with raw meat
 - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

Safety Tips

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.
- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.
- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: www.kidsturncentral.com

Reading a Recipe

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.
2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

Energizing Trail Mix

Ingredients:

- $\frac{3}{4}$ cup raisins
- $\frac{3}{4}$ cup sunflower seeds
- $\frac{3}{4}$ cup raisins
- $\frac{3}{4}$ cup pepitas
- $\frac{3}{4}$ cup nuts
- $\frac{3}{4}$ cup pretzels

Directions:

Place all ingredients in a large mixing bowl. Stir gently until well combined.

Yogurt Parfait

Ingredients:

- Whole grain oats
- Fresh berries or other cut up fruit
- Vanilla yogurt
- Raisins, Kashi cereal, pepitas (optional)

Directions: Cook the oats in the rice cooker. Layer the vanilla yogurt, berries, and whole grains in a glass. Sprinkle raisins, cereal, and pepitas on top

Steal the Breakfast

Raise your hand and tell me why it is important to eat breakfast.
(Breakfast gives you energy and helps you think clearly)

Raise your hand if you can think of some healthy breakfast choices.
(Oatmeal, eggs, toast and peanut butter, yogurt and cereal, deli meat and cheese, and other Go foods)

Today, we are going to play capture the flag, but instead of capturing a flag, we are going to try to take the other team's breakfast! This morning, we were running late and didn't have time to eat, and now we are hungry!

Raise your hand if you can think of what may happen if you don't eat breakfast?
You might have a hard time concentrating, you might get a headache, your stomach might growl, or you might feel low on energy.

Today, we are going to divide into two teams. Your team's goal is to try to capture as many of the the other team's breakfast (beanbags) as possible and bring them to your team's side. Each team will have 10 beanbags. You can carry only one beanbag at a time. If you are tagged while in the other team's 'territory,' you must go to jail. While in jail, you must run in place. You are released from jail if one of your teammates tags your hand.

At the end of 10 minutes, whichever team has more beanbags on their side wins.

Set-up:

Place two hula hoops on one side of the field and 2 on the opposite side and place 5 beanbags inside each hoop.

Set boundaries and rules regarding how far students have to stand from their hoop

Variations:

- Scatter several hula hoops across the baseline of the gym.
- Devise rules for rescuing players from jail.