5-2007

Breakfast Makes a Difference [Facilitator's Guide]

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Lesson Goals:
After this lesson, participants will:
• Explain why eating breakfast is important.
• Plan ways to provide a nutritious breakfast for their families within two hours of waking.

Before Teaching the Lesson:
1. Read Breakfast Makes a Difference (NEP-214).
2. Review participant’s NEP checklist and “24-Hour Food Recall Record.”
   • Does participant eat breakfast regularly?
   • Does breakfast include healthy choices from the participant’s MyPyramid eating plan?
   • Is the participant planning breakfast for the family?
3. Check the Family Record.
   • What are the number and ages of the children in the family?
     (Use this information in planning breakfasts that meet family needs.)
   • Are the children participating in the school breakfast program?
4. Collect food models, food labels, and comparison cards to use when showing how to plan a nutritious breakfast.
5. Plan to demonstrate the importance of choosing low-sugar, whole-grain cereals.
   (Use Nutrition Facts labels from containers to show the sugar, fiber, and vitamin contents of popular cereals.)
6. Check local prices of various breakfast foods. For example, compare the price of hot cereals and ready-to-eat, boxed cereals and cereals that are packaged in plastic bags, name brand versus store brand.
7. Plan how you will teach the lesson.

Teaching Tools:
For the homemaker:
• Breakfast Makes a Difference (NEP-214)
• MyPyramid Worksheet (NEP-201C)
• PowerPoint® presentation “Breakfast Makes a Difference” or flip chart
• Food models and nutrient comparison cards
• Food labels
• Food and nutrition calendar
• Seasonal menus (NEP-SBB101-104)
• NEP recipes

For youth:
• Crayons
• Paper
• Breakfast puzzle

Points to Stress:
1. A good breakfast can help you make the most of your day. Adult breakfast eaters:
   • Have more energy.
   • Concentrate better.
   • Perform better at work.
   • Feel less tired, irritable, and hungry.
   • Control their weight more successfully.
   • Have less risk for heart disease.
2. Children who eat breakfast:
   • Are healthier.
   • Perform better in their schoolwork.
   • Get along better with others.
   • Have fewer accidents.
3. Almost anything can be eaten for breakfast, but a good breakfast includes foods from an individual’s MyPyramid eating plan, limiting calories from fat and sugar, and avoiding excess salt (sodium).
4. Breakfast should supply one-fourth to one-third of the daily calories recommended by an individual’s MyPyramid eating plan. Body size, age, and activity level determine the amount of food recommended.
5. Breakfast is an important meal for people watching their weight. Often people who skip breakfast overeat at other meals and snack on high-calorie foods. Remember, it is important for everyone to get 30 minutes to one hour of physical activity per day even if weight loss is not necessary.
6. No time to cook breakfast? Keep some quick and easy breakfast foods on hand, such as ready-to-eat cereal, peanut butter, fruit or juice, cheese, bread, and low-fat dairy products.
7. Try something new for breakfast. No need to be limited to typical breakfast foods – warm up last night’s leftovers, have a sandwich, or top cereal with a scoop of low-fat vanilla ice cream or yogurt.
8. Coffee and tea provide flavor and caffeine, but they do not add to the nutritional value of breakfast.
Ideas for Teaching the Lesson:

1. Before teaching the lesson, review what you taught on your last visit.
   - What information has been used?
   - What new ideas have been tried?

2. Using the MyPyramid Worksheet (NEP-201C) and the Breakfast Makes a Difference handout (NEP-214), help the homemaker evaluate the breakfast she and her family had that morning.

3. Using the participant’s MyPyramid eating plan and the lesson handout (NEP-214), help the participant to plan one or more breakfast menus. Suggest that menus be posted on their refrigerator.

4. Teach the lesson using a flip chart.

5. If a child is present, provide a coloring sheet and crayons. Suggest the child make a “breakfast place-mat” by drawing a picture of their favorite breakfast on a large piece of paper. Let him or her work a breakfast puzzle made by gluing a picture of a healthy breakfast onto a sheet of cardboard and cutting into puzzle pieces.

6. Using the food models, have participant select a variety of foods to plan a healthy breakfast, or select models of food that she has on hand to plan tomorrow’s breakfast for the family.

Ideas for Teaching Groups:

1. Ask the group to plan balanced breakfasts starting with the following:
   - Peanut butter and crackers
   - Hamburger
   - Cheese
   - Boiled egg

2. Set up a learning center called the “Breakfast Bar.” Have participants prepare their own breakfast. For example, provide all the ingredients for a variety of scrambled eggs. Have participants report how the breakfasts they prepared contribute to their MyPyramid eating plans.

3. Demonstrate one or more quick breakfast ideas, such as the orange smoothie recipe. Have someone in the group assist you in the preparation.

4. If children are present, have one assist you in preparing a breakfast suitable for a young child.

5. Involve the group in a brainstorming session. Ask group members to tell you all of the foods that come to mind for each of the following:
   - A nutritious breakfast
   - A quick and easy breakfast
   - A fun breakfast for young children
   - A “something different” breakfast

6. Use the Menu Planning Pattern in the handout and have the group plan menus for one week. Use the menus to make shopping lists and discuss the best buys.

To Follow Up:

- Ask the participant to tell you why breakfast is important for everyone.
- Using the food models, have the participant plan a well-balanced breakfast suitable for the family.
- Review the “24-Hour Food Recall Record.” Have there been changes in the participant’s breakfast habits?
- Ask if handout recipes have been tried.
- Ask the participant to keep a week’s record of the family’s breakfasts. Were the choices well-balanced? Were they economical?
- Ask if family members have made changes in their breakfast habits. In what ways?