



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Many teens run out the door, skipping breakfast on their rush to school. Finding a way to add a quick and healthy breakfast to their daily routines can help students concentrate better in class, feel more energized to learn, and make better food choices during the day. The following activities will help your students realize the importance of planning and eating a nutritious breakfast.

## Related KidsHealth Links

### Articles for Teens:

#### A Week of Healthy Breakfasts

[TeensHealth.org/en/teens/healthy-breakfasts.html](http://TeensHealth.org/en/teens/healthy-breakfasts.html)

#### Healthy Breakfast Planner

[TeensHealth.org/en/teens/breakfast-sheet.html](http://TeensHealth.org/en/teens/breakfast-sheet.html)

#### MyPlate Food Guide

[TeensHealth.org/en/teens/myplate.html](http://TeensHealth.org/en/teens/myplate.html)

#### Recipes for Teens

[TeensHealth.org/en/teens/recipes/](http://TeensHealth.org/en/teens/recipes/)

#### Energy Drinks and Food Bars: Power or Hype?

[TeensHealth.org/en/teens/energy.html](http://TeensHealth.org/en/teens/energy.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why do people say breakfast is the most important meal of the day?
2. You woke up late, the bus is coming soon, and you still need to walk the dog. Should you skip breakfast?
3. What kinds of foods are considered healthy for a quick breakfast to grab on the go? What are the components of a healthy and balanced breakfast if you have more time to eat?
4. Teens who eat breakfast tend to have a lower BMI (body mass index) than teens who don't. Why?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Making Time for Breakfast

#### Objectives:

Students will:

- Learn how to manage their time and activities on school mornings
- Schedule a morning routine that includes a healthy breakfast

#### Materials:

- “Healthy Breakfast Planner” printable sheet
- “Making Time for Breakfast” handout
- Computer with Internet access
- Art supplies

#### Class Time:

45 minutes

#### Activity:

Breakfast is an important meal because it fuels you up and gets you ready for your day. Teens who eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, people can feel irritable, restless, and tired. Many teens skip this important meal because they wake up too late and have so many things to do before school. But breakfast is one thing that shouldn't get lost in a time crunch. It's all about managing time and setting priorities. Use the handout titled “Making Time for Breakfast” to help you organize your morning routine so you can fit breakfast into your schedule every day.

#### Extension:

Using the “Healthy Breakfast Planner,” plan five breakfasts, one for each school day. Check the cupboard and write a shopping list so you'll be ready for the week. Encourage your family members to join you in planning healthy breakfasts. Read this article to get started:

“Help Your Parents Get Healthy” ([TeensHealth.org/en/teens/healthier-parents.html](http://TeensHealth.org/en/teens/healthier-parents.html))



## Great Starts

### Objectives:

Students will:

- Create a collection of healthy breakfast recipes
- Understand how to plan and prepare a healthy breakfast

### Materials:

- Computer with Internet access
- “Great Starts” handout
- Art supplies

### Class Time:

60 minutes

### Activity:

Our principal recently learned through an anonymous survey that many students skip breakfast. To help fix this problem, we’ll be creating a breakfast recipe booklet to distribute throughout the school. Our goal is to include recipes that are quick, nutritious, and easy, as well as some that can be prepared ahead of time. So go through the TeensHealth “Healthy Breakfast Planner” and “Recipes for Teens” and choose recipes that would appeal to you and your classmates. Or write your own healthy recipes. Also include recipes for students who have special dietary needs (such as diabetes, lactose intolerance, etc.). Collect your breakfast recipes on the “Great Starts” handout. Then we’ll compile all the recipes our class has collected and create a booklet for the whole school. Also, make sure to write the top 3 reasons why breakfast is important so you can hang this reminder on your fridge at home.

### Extensions:

1. Create a brief public service announcement (no more than 60 seconds) that can be read over the loudspeaker explaining the top three reasons teens should not skip breakfast.
2. Make posters with illustrations and examples of quick breakfast ideas. Hang these in the hallways and cafeteria.

## Reproducible Materials

#### Handout: Making Time for Breakfast

[KidsHealth.org/classroom/9to12/personal/nutrition/breakfast\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/breakfast_handout1.pdf)

#### Handout: Great Starts

[KidsHealth.org/classroom/9to12/personal/nutrition/breakfast\\_handout2.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/breakfast_handout2.pdf)

#### Quiz: Breakfast

[KidsHealth.org/classroom/9to12/personal/nutrition/breakfast\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/breakfast_quiz.pdf)

#### Answer Key: Breakfast

[KidsHealth.org/classroom/9to12/personal/nutrition/breakfast\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/breakfast_quiz_answers.pdf)



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

Date: \_\_\_\_\_

## Making Time for Breakfast

Instructions: Make sure breakfast is part of your morning routine by using this schedule to help you manage your time. Start from the bottom by filling in the time you leave home to go to school (7:15, for example). Then work your way up, using the minutes as suggestions. If the routine on this page looks like your typical morning, hang it on your bedroom door and try to stick to it until it really does become a routine. If not, fill in the routine on the next page. **(Just make sure that “Prepare, eat breakfast” is on your list. And remember, depending on what you plan to eat, you can prepare some breakfasts the night before!)** After using the planner for a week or so, if you’re still feeling rushed, add some minutes to each thing you have to do before leaving for school and push back your times. You may need to wake up a few minutes earlier or drop something other than breakfast from the list. Planning ahead will help you feel less rushed, more organized, and ready to face the day!

### My Morning Routine

\_\_\_:\_\_\_ a.m. - Wake up

\_\_\_:\_\_\_ a.m. - Shower, get dressed (15 to 20 minutes)

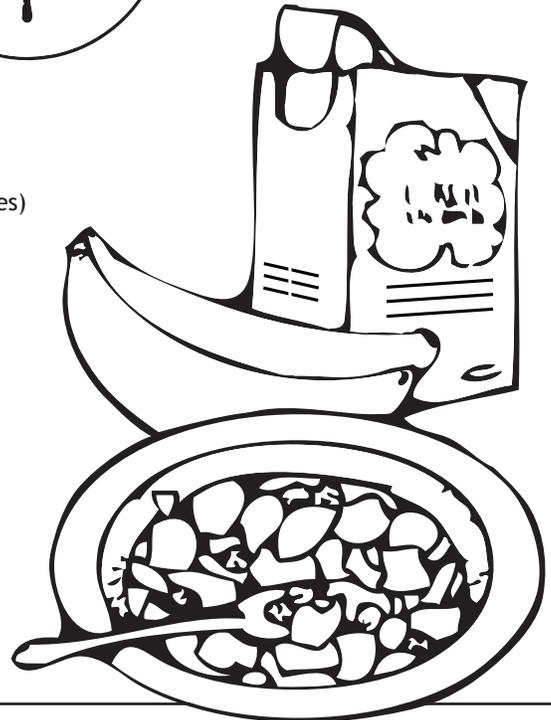
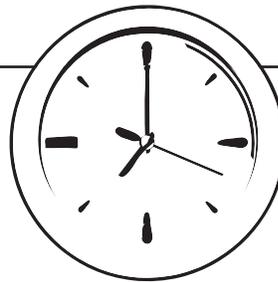
\_\_\_:\_\_\_ a.m. - Morning chore (make bed, walk dog, etc.) (10 minutes)

\_\_\_:\_\_\_ a.m. - Prepare, eat breakfast (10 to 15 minutes)

\_\_\_:\_\_\_ a.m. - Brush teeth, comb hair, etc. (10 minutes)

\_\_\_:\_\_\_ a.m. - Organize school stuff (10 minutes)

\_\_\_:\_\_\_ a.m. - Leave for school





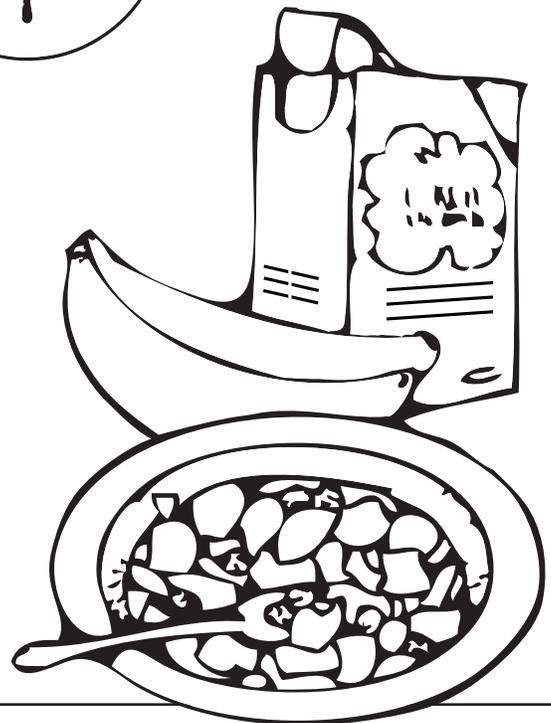
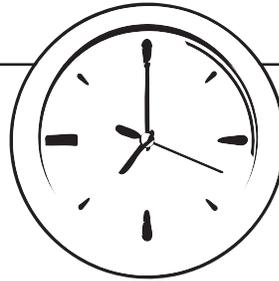
## Making Time for Breakfast

### My Morning Routine

\_\_:\_\_ a.m. - Wake up

\_\_:\_\_ a.m. -

\_\_:\_\_ a.m. - Leave for school





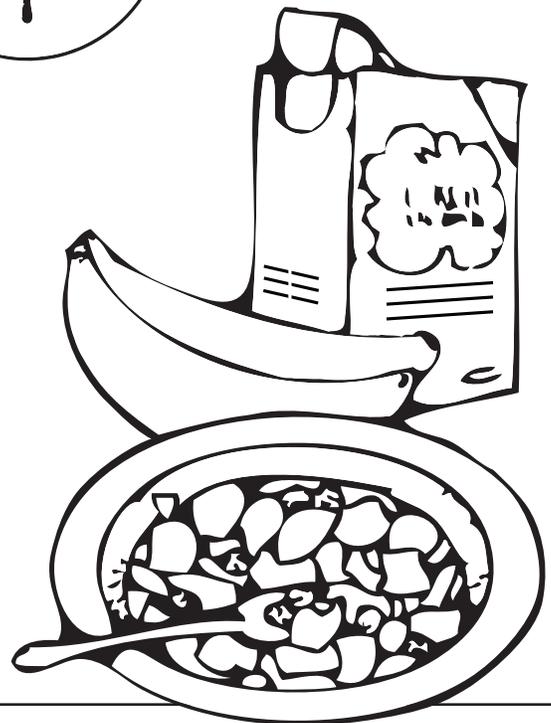
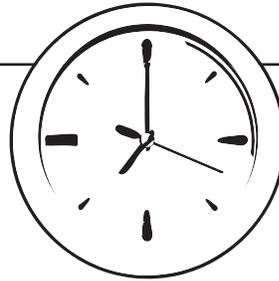
## Making Time for Breakfast

### My Morning Routine

\_\_:\_\_ a.m. - Wake up

\_\_:\_\_ a.m. -

\_\_:\_\_ a.m. - Leave for school



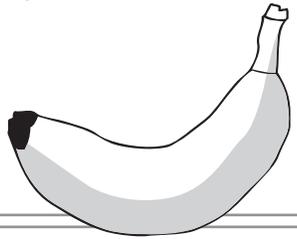


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Great Starts

Instructions: Write down three breakfasts that you'd like to include in the school's healthy breakfast recipes booklet. You can use ideas from [TeensHealth.org](http://TeensHealth.org) or write your own. Just make sure to include quick and easy recipes that include fruit, whole grains, protein, and dairy. Then write a reminder to yourself about why it's important to eat breakfast, and hang it on your fridge at home.

PREP TIME _____ COOK TIME _____	<h1>RECIPE</h1>	<b>INGREDIENTS</b>	
		NAME _____	• • • • • • •
DIRECTIONS _____ _____ _____ _____ _____ _____ _____			



**INGREDIENTS**

# RECIPE

PREP TIME \_\_\_\_\_

COOK TIME \_\_\_\_\_

NAME \_\_\_\_\_

DIRECTIONS \_\_\_\_\_

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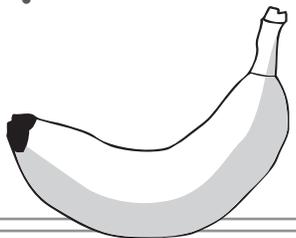
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**INGREDIENTS**

# RECIPE

PREP TIME \_\_\_\_\_

COOK TIME \_\_\_\_\_

NAME \_\_\_\_\_

DIRECTIONS \_\_\_\_\_

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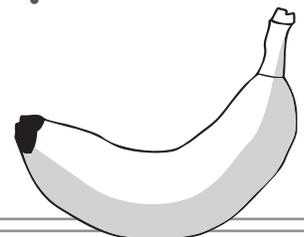
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## My top 3 reasons to eat breakfast

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





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

Date: \_\_\_\_\_

## Quiz

Instructions: Circle true or false for the statements below.

1. True or false: It's OK to skip breakfast on school days.
2. True or false: A healthy breakfast fuels up your body and gives you energy to start the day.
3. True or false: Eating breakfast can help you do better in school.
4. True or false: A healthy breakfast includes two or more food groups (choose from fruits and/or veggies, dairy foods, whole grains, and protein).
5. True or false: You shouldn't eat beans for breakfast.
6. True or false: A donut and coffee is a healthy breakfast.
7. True or false: You should avoid sugary cereals or sugary foods for breakfast.
8. True or false: People who eat breakfast tend to make better food choices during the day.
9. True or false: Breakfast can kick-start your metabolism.
10. True or false: Eating breakfast on the go is better than no breakfast at all.



## Quiz Answer Key

1. True or  false: It's OK to skip breakfast on school days.
2.  True or false: A healthy breakfast fuels up your body and gives you energy to start the day.
3.  True or false: Eating breakfast can help you do better in school.
4.  True or false: A healthy breakfast includes two or more food groups (choose from fruits and/or veggies, dairy foods, whole grains, and protein).
5. True or  false: You shouldn't eat beans for breakfast.
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