Good Grinding for Wise Dining

Regular Eating

Lesson 18: Breakfast

“Let's start great with a breakfast plate”

Action:

Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action:

Pass out “Breakfast” handout. Begin lesson when everyone receives a handout.

Action:

How many of us have had breakfast this morning?

Ask the following question:

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Today, we’re going to talk about breakfast. Breakfast is one of our most important meals of the day. After a long night without food, our body needs fuel to help us get started and to give us energy. Let's start great with a breakfast plate.

Action:

Everyone repeat with me, “let's start great with a breakfast plate.”

"Let's start great with a breakfast plate."

Read the following:

Breakfast provides us with the energy and nutrients that we need everyday. Without breakfast, our muscles and brain may not have enough energy to do our daily activities throughout the day. Breakfast is the fuel that starts our body in the morning like the gas that starts a car.
If we skip breakfast we may become tired, irritable, and restless during the morning. Those of us who eat breakfast may be more alert, tend to have a better attitude, and can function better throughout the day. It may also help with our memory, concentration, strength and endurance.

How many of us have skipped breakfast before? How did we feel? Hungry? If we skip breakfast, we will probably become hungry before our next meal. We may then want to grab a snack, but because we are so hungry, we may overeat. Then, we may not want to eat our next meal. By eating breakfast, we have a better chance to control our hunger, make healthier choices throughout the day, avoid overeating, and help us to control our weight.

Breakfast provides us with the nutrients we need to stay healthy. How about a breakfast made of whole grain cereal, low-fat milk, and some fruit such as mango or ½ of a papaya. It provides us with many nutrients, vitamins and minerals to start our day. What a great start!

What are some foods that we like to eat for breakfast? *Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: fruit, eggs, bread, cereal.

Eating breakfast foods that have a variety of nutrients in them such as fruits and veggies, protein, starches, and milk, will help us get a jump start to our day. Let's add color, variety, different textures and temperatures to our breakfast so it's healthy and fun for us to eat. For example, if you have something that is hot with a plain color such as oatmeal, add cold fruit that has color such as blueberries, mangoes, or strawberries. If we are not allergic to nuts we can add some walnuts or almonds to give us some crunchiness while providing us with some healthy fats, protein, and fiber.

Fiber is also an important part of our breakfast because it
following: helps us to keep regular with our daily bowel movements. We can have fiber in our breakfast by choosing whole grain foods, fruits, vegetables, nuts, beans and lentils. How about trying a breakfast burrito? We can make breakfast burrito by using a whole wheat tortilla, sprinkling it with a little bit of low-fat cheese and heating it in the microwave or a pan for a few minutes. Then, add eggs or leftover meats, seafood, or chicken, with leftover salad or frozen veggies, leftover rice, and some beans. So, let's start great with a breakfast plate.

Action: Have participants repeat the following: Everyone repeat with me, “let's start great with a breakfast plate.”

"Let's start great with a breakfast plate."

Read the following: What about eggs for breakfast? Eggs are a great source of protein, they cook quickly and are easy to make. We can eat hard boiled eggs on the side of our cereal with milk and fruit. Another idea is a breakfast sandwich. Assemble a whole wheat bagel or English muffin, leftover scrambled eggs, a slice of ham or cold-cut meat, veggies, and put in the toaster oven. Add a glass of milk or 100% juice for a smart start. How about an omelet? We can mix eggs, veggies such as mushrooms, onions, spinach, garlic and tomatoes and add some cheese, then, cook it in a pan. We can eat it with whole wheat toast, and drink a cup of 100% juice.

What about a favorite local breakfast such as eggs, rice, and our favorite breakfast meat? We can eat a smaller amount of our favorite dish and add some of our favorite fruit with yogurt or cottage cheese to make it a great breakfast start.

Read the following: How many of us like to eat waffles or pancakes for breakfast? How can we make these breakfast foods a good start to our day?
We can add fruit on top of our waffles, or heat fruit in a pan to make a fruit topping. For example, we could chop some apples, add it to a pan and heat them up with a little bit of 100% fruit juice and cinnamon. In a few minutes we have a delicious fruit topping. We can also add fruits into our pancakes such as blueberries, mangoes, bananas, apples, strawberries, or peaches.

Have any of us tried a veggie muffin? Let's try a muffin made with carrots, zucchini, corn, mushrooms, spinach and some cheese? Ummm, that sounds yummy!

Read the following:

Let’s talk about drinking water regularly, which is really easy to do since it is readily available. We have tap water at home, water fountains in many public places, and we can ask for water at any restaurant. We just need to remember to drink it. We should welcome the day with a cup of water, drink water throughout the day, and before our meals and snacks. Let’s drink water often, yes we can.

Action: Have participants repeat the following:

Everyone repeat with me, “drink water often, yes we can.”

"Drink water often, yes we can."

Action: Ask the following question:

How many of us think breakfast is too much work to make?

Read the following:

Any breakfast is better than no breakfast, so let's eat something! How about making an easy breakfast such as a trail mix made with nuts, dried fruits, pretzels, crackers, and dry cereal? What about a sandwich, or leftovers, like soup, pizza, or pasta. Add fruits, veggies or 100% juice to these choices and we’re ready to go.

Here’s a easy and quick idea, spread peanut butter on whole wheat bread, add a whole banana, and roll it up. Another idea is to make a fruit and yogurt parfait. We can
make layers of our favorite low-fat yogurt with crunchy cereal, and our favorite fruits.

If we have a blender, we can make a smoothie with low-fat or nonfat milk and fresh or frozen fruit. Use fresh or frozen blueberries, mangoes, peaches, strawberries, bananas or any fruit that we have available. So, let's start great with a breakfast plate.

**Action:**
Have participants repeat the following:

Everyone repeat with me, “let's start great with a breakfast plate.”

**Read the following:**

Now, we are going to talk about preparing our breakfast or any food using good hygiene to help us in the prevention of food poisoning and becoming sick. When preparing food, we should wash our hands with soap and water before, during, and after handling food. Hot, soapy water should be used to clean our utensils and surfaces that come into contact with food. Use clean towels, potholders, cloths, and sponges, and wash them often too. We want to keep it clean, keep it safe!

**Action:**
Have participants repeat the following:

"Keep it clean, keep it safe!"

**Read the following:**

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat breakfast to keep me healthy.

**Action:**
Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.
Read the following: How many of you agree with this next statement: I plan to practice *good hygiene* skills when I prepare food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink water often to help keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That’s the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.