



# Power Up With Breakfast!

## Target Audience

Children, ages 8 to 10

## Behavior Objectives

Children who participate in this activity will be able to:

- Describe a morning meal as a source of energy for growing, learning, and playing.
- Plan appealing, easy-to-make breakfasts with food from at least three food groups.

## Lesson Overview

### 20-MINUTE ACTIVITY!

- As an activity opener, have children act out how they feel when they don't eat breakfast.
- To get the “power up breakfast basics,” explore what makes a great breakfast: a meal from at least three food groups.
- The lesson wraps up as children play the “Power Up With Breakfast Ball Toss” and naming a “power up breakfast” they would eat. Other children call “power up” if that breakfast has at least three food groups. Recognize all children by giving them a Eat Smart. Play Hard.™ sticker.
- Each child receives the family handouts—*Fun with Food at Home* and *Power Up at Home Breakfast Calendar* and the *Power Up With Breakfast* parent brochure—to share with his or her family at home.



**A morning meal gives kids  
the energy they need to  
power their day—to  
play and learn, to grow and  
develop, and to feel good!**

# Materials

- Hang the *Power Up With Breakfast* and *MyPyramid for Kids* posters.
- (Optional): Download the Power Panther songs on your computer. Prepare to play the music as part of the lesson opener.
- Get a soft foam ball to toss or roll.
- Get Eat Smart. Play Hard.™ stickers or tattoos, enough for each child.
- Make copies of the two-page family handout in this activity (*Fun with Food at Home* and *Power Up With Breakfast Calendar*) to give each child to take home.
- Order or download the *Power Up With Breakfast* parent brochure.



**The images for both posters, stickers, and tattoos, and the parent brochure are available on-line. To view and order:**

- *Power Up with Breakfast* poster and parent brochure, and Eat Smart. Play Hard.™ stickers:

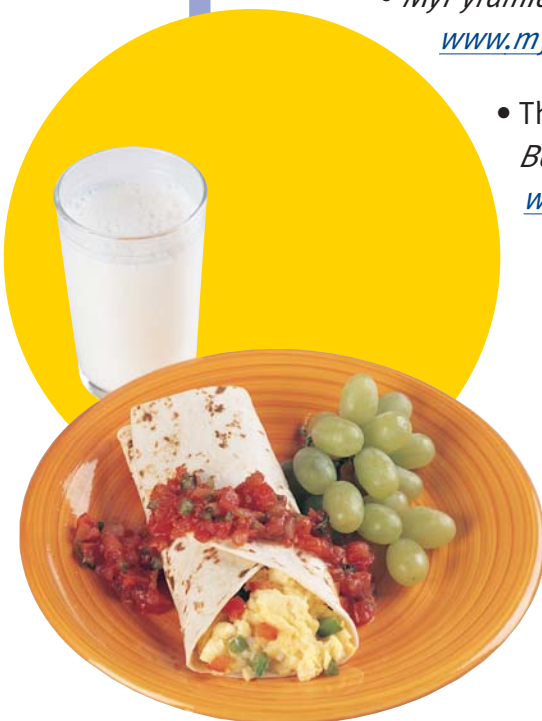
[www.fns.usda.gov/eatsmartplayhard/orderform.htm](http://www.fns.usda.gov/eatsmartplayhard/orderform.htm)

- *MyPyramid for Kids*

[www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)

- The Power Panther songs (*Power Panther is Here* and *If You Wanna Be Like the Power Panther*):

[www.fns.usda.gov/eatsmartplayhard/collection/collect\\_tools.html](http://www.fns.usda.gov/eatsmartplayhard/collection/collect_tools.html)



# Background Information for Leaders

*Use this information to guide your breakfast activities with children and their parents. It's not meant to be presented directly to children.*

Breakfast helps power the day for everyone, including growing children. Children who eat breakfast are more likely to:

- Pay attention in class and do better in school.
- Feel good and complain less about headaches and stomachaches from being hungry.
- Miss fewer school days and are late less often.
- Get enough nutrients and food energy to grow and develop.

Eating many different breakfast foods is important since each food group supplies different nutrients for active, growing children:

**Grains Group:** carbohydrates, vitamins, minerals, fiber

**Fruits Group:** minerals, vitamins such as vitamin C, fiber

**Vegetables Group:** minerals, vitamins such as vitamin A, fiber

**Milk Group:** protein, vitamins, minerals such as calcium

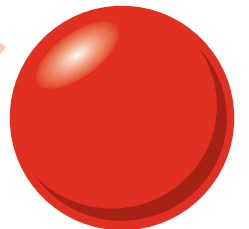
**Meat and Beans Group:** protein, vitamins, minerals such as iron

A smart breakfast that helps kids “power up” includes foods from at least three of the five food groups. Kids might enjoy many different foods for breakfast, not just traditional breakfast foods. Examples include easy-to-make, quick-to-eat “power up breakfasts”:

- fruit-yogurt smoothie, whole-wheat toast  
(Fruits, Milk, and Grains Groups)
- bean (or egg) burrito with low-fat cheese, orange juice  
(Meat, Grains, Milk, and Fruit Groups)
- peanut butter on toast or a toasted waffle, orange or tangerine, low-fat or fat-free milk (Meat, Grains, Fruit, and Milk Groups)
- low-fat granola cereal topped with low-fat or fat-free milk or yogurt, cranberry-apple juice (Grains, Milk, and Fruit Groups)
- whole-wheat crackers and hummus, baby carrots, low-fat strawberry-flavored milk (Grains, Meat and Beans, Vegetables, and Milk Groups)

# Teaching Activities

- 1. Create** a lively learning environment by playing the Power Panther songs—*Power Panther is Here* and *If You Wanna Be Like the Power Panther*—before the activity starts.
- 2. Start** by asking children to act out how they feel when they don't eat breakfast.
- 3. Help** kids understand that “power up breakfasts” include several different food-group foods.
  - Go over** the five major food groups, using the *MyPyramid for Kids* poster. Talk about how each food group helps them “power up” to do and to enjoy the fun shown on the poster’s activity pyramid. Explain that a “power up breakfast” has foods from at least three food groups.
  - Ask** kids to name the food groups represented in the three breakfast menus on the *Power Up With Breakfast* poster:
    - Menu #1: yogurt, banana, muffin, water (Milk, Fruits, and Grains Groups)
    - Menu #2: egg burrito with salsa, grapes, milk (Meat and Beans, Grains, Vegetable, Fruit, and Milk Groups)
    - Menu #3: waffle with apples, fruit cup, ham, milk (Grains, Fruits, Meat and Beans, and Milk Groups)
  - Ask** children what they think makes these breakfasts so good.
  - Reinforce** the idea that a “power up breakfast” has foods from at least three food groups.
- 4. Play** the “Power Up With Breakfast Ball Toss” to get kids’ creative juices working, as they practice planning “power up breakfasts” with foods from three or more food groups.
  - Ask** the group to stand.
  - Point out** that almost any food in the five food groups, including those that they may not consider as breakfast foods, can be eaten in the morning. Breakfast foods also can be foods they carry with them.
  - Have** one child at a time toss or roll the ball randomly to another player. The child who catches the ball names one food that he or she would eat for a “power up breakfast.”
  - Have that** child toss or roll the ball to another player to name another food for that “power up breakfast.” Continue as that child tosses or rolls the ball to another child who in turn adds one more food to the “power up breakfast” menu.
  - Encourage** everyone to call out “power up” when the breakfast menu contains foods from three food groups or more.
  - Repeat** the game play, seeing how many different “power up



## Teaching Activities (continued)

breakfasts” children can create. If time permits, play until all children get a turn.

—**Give** all children an Eat Smart. Play Hard.™ sticker after the game.

## Extra Teaching Activities

*If you have more than 20 minutes, these are some extra activities you might do.*

**“Power Up With Breakfast” Rap follows on next page...**

- ☀️ **“Rap” It Up ...** with a breakfast rap, as a lively, physically-active way to help children to start their day with a smart breakfast.
  - Go** over the rap until the kids are comfortable with the verses. After each food group verse they call out foods from that food group they would eat for breakfast. Have fun with these spontaneous responses!
  - Ask** children to make up their own beat to the rap.
  - Take** time to feel the beat and to let kids create their own dance to the rap.
  - Have** children make up additional lyrics to the rap songs.





# “Power Up With Breakfast” Rap

A “power up breakfast” ...  
Tastes great, I know.  
It helps my body  
Go and grow!

A “power up breakfast” ...  
To start my day,  
Has food-group foods—  
For the eat-smart way!

**(Leader calls out...)** *Fruits Group!*

A “power up breakfast” ...  
For a healthy me!  
Both fruit and juice  
Have vitamin C.

Try... **(Kids call out fruits they would eat for breakfast.)**

**(Leader calls out...)** *Milk Group!*

A “power up breakfast” ...  
Has milk or cheese,  
Or yogurt (cool!)  
For bones and teeth.

Try ... **(Kids call out food from the Milk Group they would eat for breakfast.)**

**(Leader calls out...)** *Grains Group!*

A “power up breakfast” ...  
Try fiber-rich food.  
Pick bread, rice, cereal  
That’s oh-so good!

Try ... **(Kids call out any Grains Group foods they would eat for breakfast.)**

**(Leader calls out...)** *Meat and Beans Group!*

A “power up breakfast” ...  
With meat, eggs, beans  
Helps your body grow  
‘Cause it has proteins!

Try ... **(Kids call out Meat and Beans Group foods they would eat for breakfast.)**

**(Leader calls out...)** *Vegetables Group!*

A “power up breakfast” ...  
Give veggies some tries.  
Their vitamin A  
Is good for your eyes!

Try ... **(Kids call out vegetables they would eat for breakfast.)**

A “power up breakfast” ...  
Tastes great, I know.  
I want my body  
To go and grow. **(pause)**  
I want MY body  
To GO AND GROW! **(pause)**

**POWER UP WITH BREAKFAST!!!!**



## At-Home Activities

- ☀️ **Encourage** children to continue to “power up with breakfast”:
  - **Give** each child these handouts to take home to parents:
    - Fun with Food at Home*
    - Power Up at Home Breakfast Calendar*
    - Power Up With Breakfast* parent brochure
  - **Ask** children to complete the calendar and bring it back. Give a Power Panther sticker to children who track their breakfast.

## Community or School-Wide Activities

- ☀️ **Feature** the Power Panther™ ... Invite the Eat Smart. Play Hard.™ spokescharacter, Power Panther, to participate in School Breakfast Week and other activities and so help you promote and add fun to school-wide or community events. The Power Panther™ costume is available on loan at no cost. The Eat Smart. Play Hard.™ Web site [www.fns.usda.gov/eatsmartplayhard/zone/costume.html](http://www.fns.usda.gov/eatsmartplayhard/zone/costume.html) tells you about the Power Panther, and provides information on booking and using the costume.
- ☀️ **Ask** local grocery stores to play the Eat Smart. Play Hard.™ Public Service Announcements over the intercom system.  
[http://www.fns.usda.gov/eatsmartplayhard/collection/collect\\_tools.html](http://www.fns.usda.gov/eatsmartplayhard/collection/collect_tools.html)

# Useful Resources

- **Additional Eat Smart. Play Hard.™ Resources**

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

- **From Team Nutrition's Nibbles for Health**

*Newsletter 6, Why Breakfast?*

[www.teamnutrition.usda.gov/Resources/Nibbles/why\\_breakfast.pdf](http://www.teamnutrition.usda.gov/Resources/Nibbles/why_breakfast.pdf)

- **Other Team Nutrition Resources**

[www.teamnutrition.usda.gov/library.html](http://www.teamnutrition.usda.gov/library.html)

*We want to hear from you! Share your success stories with the Food and Nutrition Service by sending news clippings, photos, and event descriptions to: [eatsmartplayhard@fns.usda.gov](mailto:eatsmartplayhard@fns.usda.gov)*



June 2006



# Fun with Food at Home



"Parents, try these great power breakfast recipes!"

## **Cheesy Waffle-wiches**

*Eat these waffle-wiches with a cup of fruit!*

- 4 small whole-wheat toaster waffles
- 2 slices low-fat cheese

  1. Toast the waffles.
  2. While they are hot, put a slice of cheese on two waffles. Top each with another waffle.

Makes 2 waffle sandwiches.

## **Breakfast Sundae**

*Put together a crunchy morning treat.*

- 2 cups low-fat granola cereal
  - 1 cup low-fat yogurt
  - 1 cup cut-up fruit
- Layer granola, yogurt, and fruit in two bowls or plastic cups.

Makes 2 servings.

## **Peanut Butter 'N Fruit Roll-Up**

*Enjoy these roll-ups for a breakfast picnic—outside or inside!*

- 2 soft (6-inch) wheat tortillas
- $\frac{1}{4}$  cup peanut butter
- $\frac{1}{2}$  apple, banana, or pear, sliced thinly
- $\frac{1}{4}$  cup sliced or grated carrot

1. Spread 2 tablespoons peanut butter on each tortilla.
2. Place fruit slices on top.
3. Top with sliced or grated carrot.
4. Roll them up!

Makes 2 roll-ups.

## **Breakfast Fruit Smoothie**

*Mix up some smoothies to eat with toast!*

- 2 cups cut-up or canned drained fruit
- $1\frac{1}{2}$  cups low-fat yogurt
- 1 cup fat-free milk
- 1 cup crushed ice

1. Put fruit, yogurt, milk, and ice in a blender.
2. Blend until well mixed
3. Pour into cups.

Makes 5 servings.

## **Breakfast Bites: True – or Not?**

**?** The calcium in a cup of milk and a cup of low-fat yogurt is about the same.  
True, so top your breakfast cereal with either one!

**?** Skipping breakfast just makes you hungrier by lunchtime.  
True, so eat breakfast to tame your hunger pangs and still have midmorning energy!

**?** You can make this breakfast – cereal, low-fat milk, orange juice, strawberries – in 60 seconds?  
True, if you have the ingredients hand and you don't dawdle. For fun, get a watch with a second hand to time yourself or your child!

**?** Last night's leftovers, such as chili or stir-fry, can make a delicious and speedy breakfast!  
True, just heat it in the microwave oven, and enjoy with a glass of low-fat milk!

# Power Up at Home Breakfast Calendar

For two weeks keep track of the food groups that you eat in the morning.

- Children use squares, a parent or other family members can use the circles.
- For each day write the date in the box.
- Fill in the circle or square for each food group you ate at breakfast:

**G**— Grains Group

**V**— Vegetable Group

**F**— Fruit Group

**MK**— Milk Group

**MT**— Meat Group

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**Parents...Be a role model.  
Eat breakfast with your child!**

