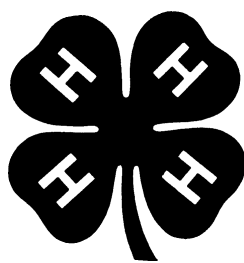


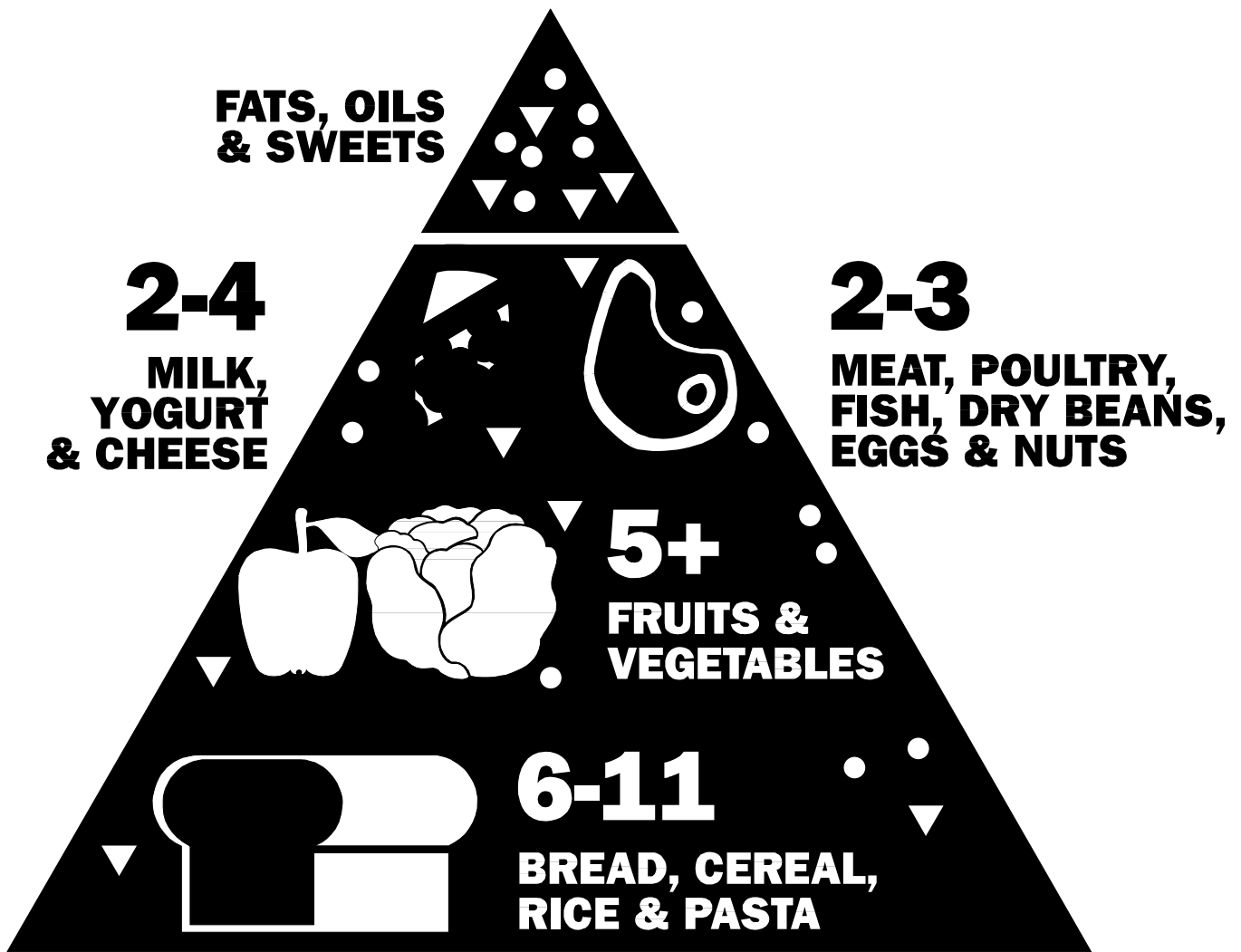


COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

It's Time for

BREAKFAST





Food Safety Tips

Safe food-handling is important to prevent foodborne illness (food poisoning). Here are a few basic tips that you should know:

- Wash your hands with warm, soapy water before and after handling food
- Wash all surfaces, utensils and hands after coming into contact with raw meat, poultry and eggs
- Thoroughly cook all hot foods according to recommended time and temperatures
- Keep hot foods hot and cold foods cold
- Refrigerate food within two hours of serving time

It's Time for

BREAKFAST

*By Darlene Forester, Extension Specialist in Foods & Nutrition, and Anna Lucas, Extension Program Specialist for 4-H.
Revised by Paula R. May, MS, RD, Nutrition Consultant.*

Introduction

Breakfast means to “break the fast.” Most of us have not eaten for eight to 12 hours when we get up in the morning. During the night, our blood sugar level has dropped, so we need to restore it by eating breakfast. Blood sugar is what gives us energy. The food we eat helps our blood sugar level go up so that we have energy for work and play.

Foods that contain some protein help our blood sugar level stay high longer than foods without protein because proteins are digested more slowly. Protein is a nutrient in foods such as meat, milk and grains. It helps our bodies build muscles and blood and helps to repair body parts. A nutrient is a substance in foods which helps our body stay healthy. It may help us grow and have energy. Proteins, fats, carbohydrates, vitamins and minerals are all nutrients.

Some people eat foods with little protein and lots of starch and sugar which are carbohydrates. Carbohydrates are nutrients which give us energy. We need some each day, especially starches.

An example of a breakfast which has a lot of carbohydrate but little protein is a donut and orange juice. A breakfast like this only fills you up for a little while; you soon begin to feel hungry. By adding a food such as milk with protein and some fat, you can keep your energy up longer.

Carbohydrates are in the bread, cereal, rice and pasta group; the milk, yogurt, and cheese group; and the fruit and vegetable group. Sugars are also carbohydrates, but we need very little sugar in our diet. Many people need to decrease sugar in their diets if they are overweight.

In this project, you will learn how to plan and prepare nutritious breakfasts, so you will feel alert and have lots of energy.

What You Will Learn in this Project

- Why you should eat breakfast
- What most people eat for breakfast
- How to set the table for breakfast
- How to prepare breakfast foods from the Food Guide Pyramid
- What nutrients are in most breakfast foods
- How to read food labels
- Some different foods we can have for breakfast

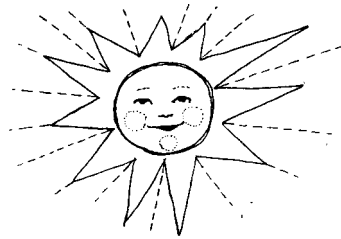
What You Will Do in This Project

- Use the Food Guide Pyramid to check your breakfasts
- Plan nutritious breakfasts for you and your family
- Prepare breakfast foods and rate them
- Prepare some foods for breakfast which you usually eat at other meals
- Read and compare labels of breakfast foods at home and in the grocery
- Keep a record of your project
- Give a demonstration or prepare an exhibit

Lesson 1.

Importance of Breakfast

Many studies have shown that people who eat a good breakfast feel better than those who do not eat breakfast. The famous 10-year Iowa Breakfast Studies showed that a person who eats breakfast is able to do more work, play more, and think better than those who skip the morning meal. School studies show that students who eat breakfast have fewer accidents and get along better with other students.



What Do People Eat for Breakfast?

Almost anything! But a lot of people eat nothing. A study of 4,000 families showed that about 320 families ate no breakfast, and 200 families had only coffee which gives almost no nutrients. Some of the most popular breakfasts of those who did eat were ready-to-eat cereal with milk; cereal with milk and juice; and eggs, bacon and toast.

Did you eat any of these foods for breakfast this week? _____

If so, what?

Did you skip breakfast any day this week? _____

Why?

A Simple Breakfast

Here's a simple breakfast menu for you to try.

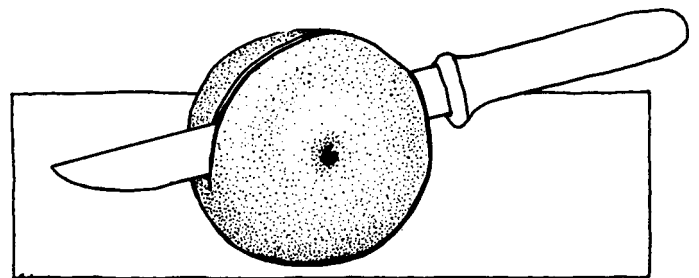
Orange Wedges or Grapefruit Half
Ready-to-eat Cereal with Milk
Toast with Margarine or Butter

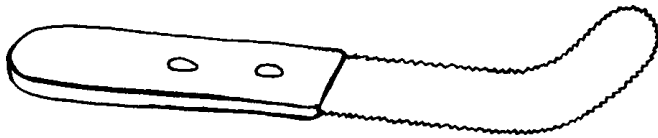
If you choose to make the orange wedges, follow these instructions. Place the unpeeled fruit on its side on a cutting board and cut in half crosswise. Cut 3 or 4 wedges from each half. Wedges will look like this:



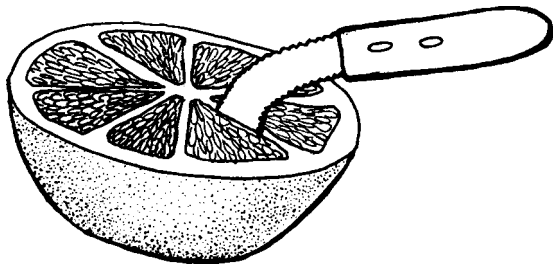
If you prefer the grapefruit half, make the grapefruit easier to eat by preparing it carefully. You will need a little practice, a good sharp knife and a cutting board. These pictures show you how.

Put a grapefruit on a cutting board. Slice crosswise *carefully* with a cutting knife.

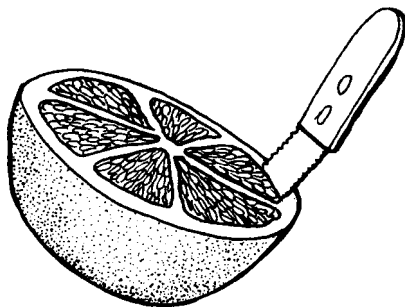




Use a grapefruit knife to loosen sections and make sectioning easy.



Carefully section the grapefruit. The white membrane clinging to the fruit is usually bitter; so you may want to remove it.



Loosen each section with the end of the grapefruit knife. Put the fruit on a plate, and place on the table.

After the fruit is prepared, prepare your ready-to-eat cereal and make the toast. You can pop bread into the toaster and follow the directions for the appliance.

On another day, try cinnamon toast. Just toast the bread, spread with margarine, and sprinkle with 1/2 teaspoon sugar and some cinnamon.

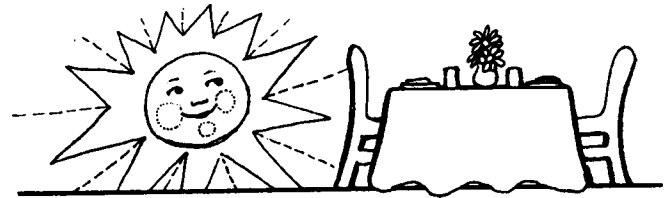
Set the table as shown on this page and arrange the food on dishes. Now enjoy your breakfast.

Rate the breakfast you just prepared and ate. Did it contain a serving from at least three of the food groups? On the chart below check the groups you included in your meal. Beside each group write in the food you ate.

- _____ Milk or Dairy _____
- _____ Meat or Protein _____
- _____ Fruit or Vegetable _____
- _____ Bread or Cereal _____

Was the first breakfast you prepared tasty? _____ Was the food attractive? _____
How could you have improved this meal?

When you get home from school today, fill in these blanks. Did you feel alert and have energy today? _____ If so, do you think your nutritious breakfast made a difference? _____



Setting the Table for Breakfast

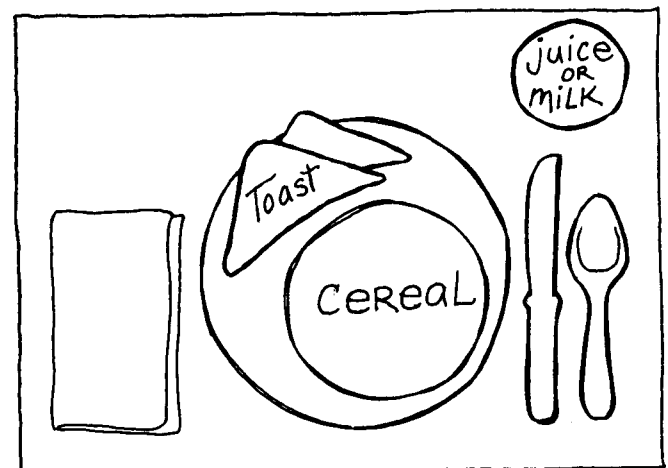
Good food is the most important part of a meal, but the meal will taste even better when you set an attractive table.

Use a clean tablecloth or place mats. Silverware should be clean and polished and the dishes free from chips and cracks.

Use a small tray to carry napkins and silverware to the table. When you carry dishes or glasses, don't put more on the tray than you can carry safely.

Be careful that you never touch the eating surface of silver or dishes. Hold cups and silver by their handles, and glasses at the bottom instead of the top.

Notice this place setting arrangement for a simple breakfast.



Rules for setting and service are made for two reasons—ease and convenience.

The knives, forks and spoons are placed in order of use from outside toward the plate. Knives and spoons are on the right and forks, when needed, on the left.

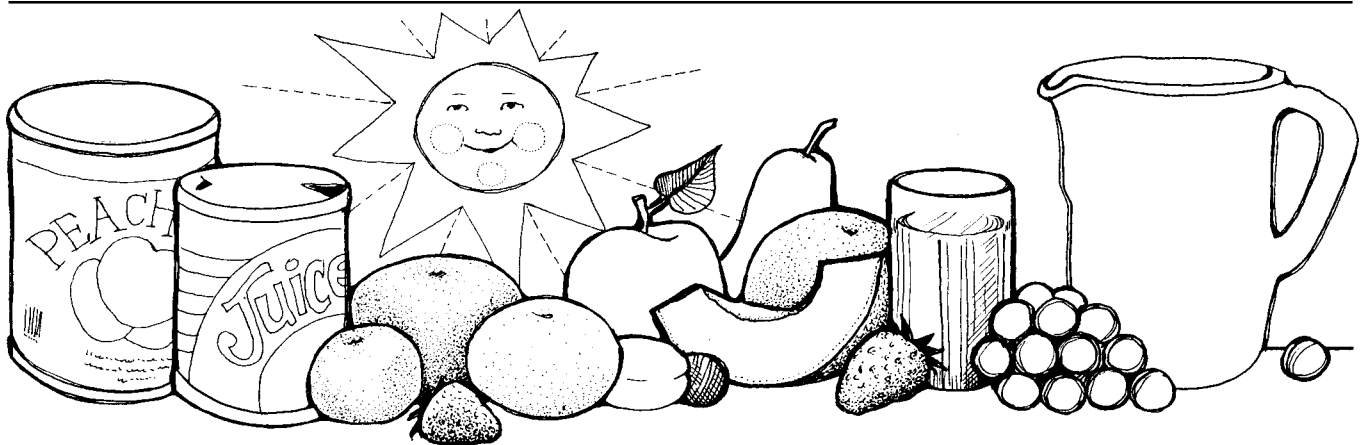
The cutting edge of the knife is turned toward the plate. The tines of the fork and

the bowl of the spoon face up. The napkin is placed to the left of the fork with the open edge toward the plate.

The napkin may be cloth or paper. The silver, napkin and plate are placed 1 inch from the edge of the table. This keeps them from slipping off the table.

Lesson 2.

Fruits and Juices for Breakfast



Most of us enjoy a fruit or a glass of fruit juice in the morning. The best choice is one that contains a large amount of **vitamin C**. Vitamin C is also called ascorbic acid. It is needed to keep gums healthy, to heal wounds, and to prevent infections. It is found in many fruits and vegetables.

Citrus fruits, such as oranges and grapefruit as well as their juices, are high in vitamin C. Foods high in this vitamin should be stored in the refrigerator and kept covered so that the vitamin will not be lost.

Some foods containing a lot of vitamin C are cheaper when you buy them “in season.”

For instance, strawberries and cantaloupes are lower in price in the summer.

You can compare the amount of vitamin C in certain juices and choose one that is high. Juices, such as cranberry, prune, grape and apple, do not contain much vitamin C naturally, so the manufacturer may add some.

Some fruit beverages are called by names other than juices. These include drinks, punches or ades. They have sugar and water added to the fruit juice. Since we do not want to pay a lot of money for water added to our juice, these may not be the best choices.

Types of Fruits and Juices

Fruits and juices come in many different forms. These forms include fresh, canned, frozen or dried. Frozen fruit juices are wise choices, since they are economical and taste much like the fresh fruit.

To make frozen fruit juices, just follow the directions on the can. You only have to add water and mix. Canned juices need no preparation—just chill, open and pour.

If you use canned fruits, such as pineapple slices, try the ones packed in their own natural juices or light syrup to get less sugar.

Dried fruits are sometimes used as breakfast foods, either alone or in quick breads. Raisins and dates are good on oatmeal or in breads. Stewed prunes can be used as a separate dish. Dried fruits are high in the mineral **iron**. Iron helps make red blood cells which carry oxygen to our cells. Without iron we feel tired or even become ill.



Breakfast Suggestion

For your second breakfast, plan a fruit juice instead of the fresh fruit you prepared in the first breakfast. You might like to add cereal with milk and toast or the cheese biscuits from the first foods project, *Let's Begin Cooking*.

Write your menu here.

SMART SHOPPER IDEA

Go to the grocery store with your mother or father, and look for the canned fruit section.

Can you find a fruit packed in:

- Natural juice?
- Light syrup?
- Heavy syrup?

Which one would you choose?

Why?

Cheese Biscuits

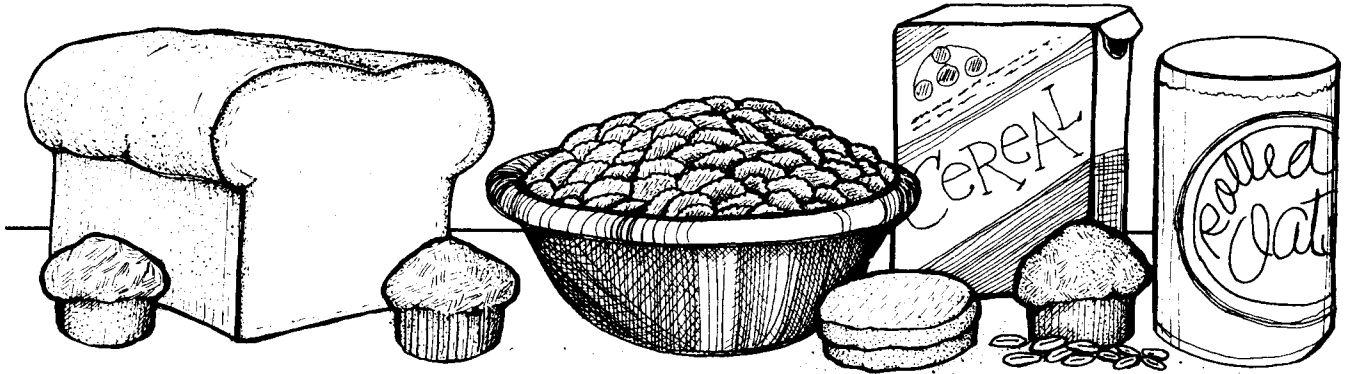
2 cups all-purpose flour
3 teaspoons baking powder
3/4 teaspoon salt
1/4 cup shortening
3/4 cup milk
1/4 to 1/2 cup sharp cheddar cheese,
shredded

Preheat oven to 450 degrees F. Sift flour and measure. Add baking powder and salt and sift together or stir together to mix. Stir shredded cheese into flour mixture. Cut shortening into dry mixture with a pastry blender or two table knives until it is as fine as coarse crumbs. Add milk and stir in with a fork.

Turn dough out on a lightly floured board or pastry cloth and knead just until smooth. Roll dough out about 1/2 inch thick and cut with a floured cutter. Place biscuits on a lightly greased baking sheet and bake 10 to 12 minutes. *Makes about 1 1/2 dozen.*

Lesson 3.

Breads and Cereals for Breakfast



The bread, cereal, rice and pasta group, one of the basic food groups, contains many foods we consider breakfast foods. Cereals and other items made of barley, corn, oats, rice and wheat belong in this group.

Most cereal grains are highly refined by milling. In milling, the grain's covering (bran) and germ are removed, leaving only the center of the grain kernel, the endosperm, which is made up of starch and protein.

Much of the nutritive value of the grain is lost by milling because the bran contains iron, phosphorus, calcium, some protein, thiamin and riboflavin. Have you noticed that labels on flour, bread and some cereals say "enriched"? This means that iron, thiamin, riboflavin and niacin have been added to replace the nutrients lost in milling and refining in order to increase the nutritive value. **Thiamin, riboflavin** and **niacin** are vitamins needed for a healthy heart and nervous system.

Some trace nutrients may be lost and not replaced. Fiber may also be lost in processing of cereals and flours made from cereal grains. **Fiber** is a type of carbohydrate needed by our bodies. Whole-grain cereals and breads provide fiber because they include the bran normally found in the unprocessed grain.

Read the Labels

When you buy flour, bread and other grain and cereal products, read the labels carefully. Remember that only whole-grain products which still have the original nutrients and enriched products will give you the minerals and vitamins you need.

In addition to the B vitamins, iron and protein supplied by whole-grain or enriched breakfast cereals, some extra nutrients are found in certain cereals which are labeled **fortified**. Fortified cereals have had certain nutrients added to provide higher levels than are naturally found in the grain, or to supply nutrients not naturally found in the grain.

Very high amounts of sugar are added to some cereals, even some that are not called pre-sweetened. Over half the content of some pre-sweetened cereals is sugar. Sugar provides no nutrients except calories and can lead to tooth decay, so cereals with less sugar in them are better choices.

To learn the sugar content in a serving of cereal, read the nutrition information label on the box. Under the word "Total Carbohydrate" you will find Sugars listed in grams (g). Each four grams equals one teaspoon of sugar (16 calories).

Ready-to-eat Cereals

Ready-to-eat cereals are sold as flakes, puffs or shreds and are packaged in many different sized containers. Pre-sweetened cereals may cost more than buying plain cereals and adding a small amount of sugar yourself. Ready-to-eat cereals often cost more than cereals which require cooking.

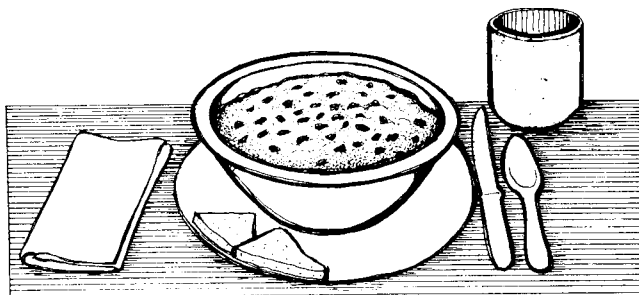
Cooked Cereals

Cereals which require cooking vary from the long-cooking type, such as old-fashioned oatmeal, to the instant type which needs only boiling water added. There is also a quick-cooking type which requires about one minute cooking time.

The more the manufacturer has done to the cereal the more expensive it will be. To save money and sometimes nutrients, buy the cereals which need to be cooked longer. Follow the package directions for each type of cooked cereal.

You have already prepared two simple breakfasts including ready-to-eat cereals. Now prepare this menu which includes a cooked cereal.

Fruit Juice
Old-fashioned Oatmeal with Milk
Topped with Raisins
Toast



Rating

Which food groups did this breakfast contain? _____

Was your oatmeal tasty? _____

Was your oatmeal lumpy or smooth? _____

What other fruits could you use for topping?

Tomorrow try the same menu using instant oatmeal instead of the old-fashioned kind.

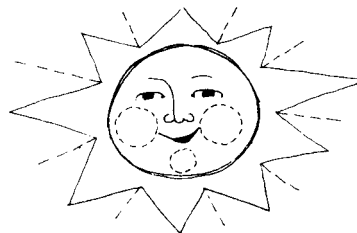
Rating

Was your oatmeal tasty? _____

Lumpy or smooth? _____

Which type of oatmeal did you like best?

Why? _____



SMART SHOPPER IDEA

Now look at the boxes of oatmeal and figure out the cost of 1 serving of each. To do this, find out the number of servings the box contains by reading the label. Divide this number into the price of the box.

- Which type cost the most?

- Which type would you buy next time?

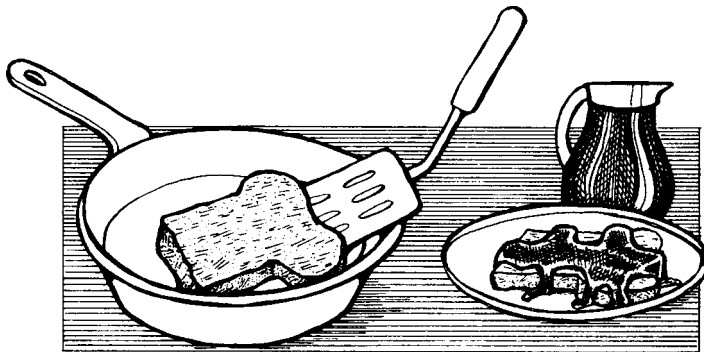
- Why?

Breads

Breads are popular foods in almost all countries. In this country we often have toast or biscuits at breakfast meals. In this project, you have already made toast and cheese biscuits.

Now let's try some different breads. Remember to look for the word "enriched" on flour you buy for making your own breads. This means the B vitamins and iron have been restored, or added back to the flour. Try this menu.

French Toast with Syrup & Butter Tomato Juice Milk



Quick French Toast

French toast is an easy breakfast item using store-bought bread.

- 1 tablespoon butter or margarine
- 1 egg
- 1 tablespoon milk
- 2 slices of bread
- Syrup

Melt butter in a 10-inch skillet or griddle over high heat until just hot enough to sizzle a drop of water. Meanwhile, beat egg and milk with fork in pie pan until well-blended. Dip bread slices in egg mixture; turn and coat evenly. Place in hot skillet. Reduce heat to medium and cook until lightly browned. Turn and brown other side. Serve with syrup. *Makes 1 serving.*

Rating

What food groups were in this breakfast?

Was your French toast light brown and attractive? _____

What else could you have used for a topping?

For another meal you might try French toast with a topping of custard. You will find the recipe on page 13 in the section "Milk and Cheese for Breakfast."

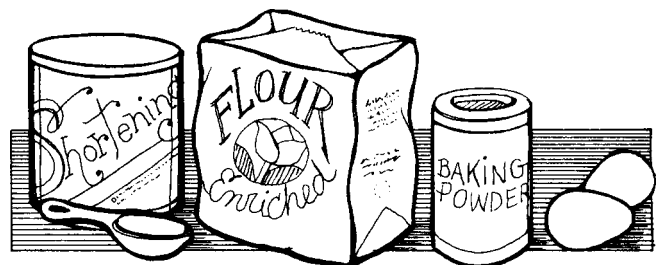
Quick Breads

Quick breads add variety to breakfast menus. These include muffins, biscuits, coffee cakes, popovers and pancakes. They take time to prepare, so you may want to try these on Saturday mornings.

Preparing Quick Breads

The basic ingredients for quick breads are flour, leavening, shortening, liquid, eggs and sugar. If you know what the ingredients do, you can use almost any recipe. White wheat flour is most commonly used. Sometimes whole-wheat flour is used in place of some or all of the white flour.

When a bread recipe calls for flour, it means all-purpose flour. The flour may be labeled "plain" or "self-rising." Self-rising means the flour contains leavening and salt. The leavening agent may be baking powder or baking soda which forms bubbles of gas in the batter and makes it light. Do not add baking powder, soda or salt to self-rising flour. Recipes in this project ask for plain flour, so you must add a leavening agent.



Muffins

Muffins are quick and easy breads you can eat at any meal. Follow the recipe below and be careful not to overmix. Mixing muffins too much can make them tough, or it can result in peaks on top or tunnels throughout the bread.

Basic Muffins

2 cups plain, all-purpose flour
3 teaspoons baking powder
2 tablespoons sugar
3 tablespoons melted fat
1 teaspoon salt
1 well-beaten egg
1 1/4 cups milk

Sift dry ingredients together. Add milk to egg and fat. Add liquid ingredients all at once to the dry ingredients. Stir only enough to moisten dry ingredients, not more than 15 to 20 strokes. Batter should still be lumpy. Put batter into greased muffin tins, filling about 2/3 full. Bake in a hot oven (425 degrees F) for 15 to 20 minutes. Remove from pans at once. *Makes 10 large or 20 small muffins.*

Variations of Muffins

Blueberry: Prepare batter and add 1/2 cup fresh or well-drained frozen (thawed) blueberries. Stir gently.

Raisins, dates or nuts: Add 1/2 cup seedless raisins, cut dates or chopped nuts.

Try this menu.

Orange Juice

Raisin Muffins with Margarine or Butter
Milk

Rate your muffins. Give yourself 2 points for each item.

1. Golden on top _____
2. Free of peaks on top _____
3. Light and tender _____
4. Free of tunnels _____
5. Tasty _____

What was your score? A score of 8 or 10 is excellent.

Coffee Cakes

Coffee cakes are nice for special breakfasts. Since they take quite a bit of time, you may want to make one Friday night to serve to your family on Saturday morning. Here's a recipe to try later for the special buffet we will plan.

Coffee Cake

1/4 cup of salad oil or melted shortening
1 beaten egg
1/2 cup milk
1 1/2 cups sifted plain, all-purpose flour
3/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt

Combine salad oil, eggs and milk. Sift together dry ingredients; add to milk mixture; mix well. Pour into greased 9-inch by 9-inch by 2-inch pan.

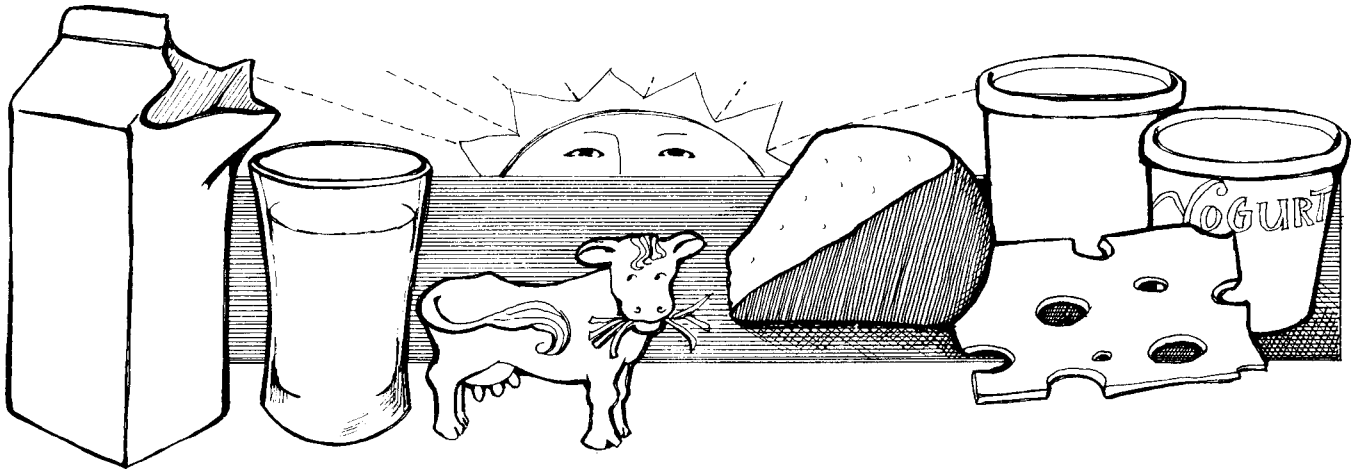
Topping

1/2 cup brown sugar
1 tablespoon flour
1 teaspoon cinnamon
1 tablespoon melted butter
1/2 cup nuts, broken

Combine ingredients and sprinkle over batter. Bake in moderate oven (375 degrees F) about 25 minutes or until done. Serve warm or cold.

Lesson 4.

Milk and Cheese for Breakfast



Milk is an excellent breakfast food. It contains vitamins and minerals as well as some of the protein needed for the day. For breakfast, milk can be served simply as a cold beverage or over cereal. Or you can make hot cocoa for a cold morning as you did in *Let's Begin Cooking*.

In the first foods project you compared costs of various forms of milk. Now let's compare the fat contents.

Type of Milk	% Fat	Calories/cup
Whole	3 1/2	165
Low-fat	1 or 2	115 to 130
Skim	about 1/2	90

As you can see, skim and low-fat milks are lower in fat and calories than whole milk. If certain members of your family need to cut down on fat and calories, they could use skim or low-fat milk.

In your first foods project you learned to make several types of cold milk drinks. Here's a different one to try. The recipe says to use milk, but it does not say what type. So you could use whole, low-fat or skim. Other recipes might require whole milk because the fat is needed.

Orange Smoothie

6-ounce can frozen orange juice concentrate
 1 cup milk
 1 cup water
 1/4 cup sugar
 1/2 teaspoon vanilla
 10 ice cubes

Place all ingredients in a blender. Cover and blend until smooth. *Serve immediately.* Makes 6, 3/4-cup servings.

Another dairy food you might like to try for breakfast is yogurt. Yogurt is a thick, semisolid food made from milk fermented by bacteria. You can buy it in many forms—flavored, unflavored and made from either whole or low-fat milk.

Flavored yogurt is good right out of the carton. Some people like to add fresh or canned fruit to unflavored yogurt. There are lots of ways to add items to it. For more ideas, see page 17, "Fun Foods for Breakfast." For a cool breakfast, make these popsicles the night before and eat at the table, or on your way to school if you're in a hurry.

Strawberry-Yogurt Popsicles

2, 10-ounce cartons frozen strawberries
(thawed)

1 tablespoon unflavored gelatin

16 ounces plain yogurt

12, 3-ounce paper cups

12 wooden sticks

Drain strawberries. Place drained liquid in a saucepan and sprinkle with gelatin. Cook over low heat, stirring constantly, until gelatin dissolves. Mix strawberries, yogurt and gelatin mixture in a blender until smooth.

Place cups on a tray or in a baking pan. Fill with blended mixture and cover cups with a sheet of aluminum foil. Insert a stick for each popsicle by making a slit in the foil over the center of each cup. Freeze popsicles until firm. Run warm water on outside of cup to loosen each popsicle from the cup.



Cheeses add variety to breakfast. Cottage cheese, a soft white cheese made of curds of sour milk, may be a food you have never tasted. If you do not like it plain, try it with cinnamon sprinkled on top or covered with fruit, such as strawberries.

Try this parfait. It is nutritious as well as colorful. Add graham crackers for a complete meal.

Breakfast Parfait

In a tall glass, put a large spoonful of cottage cheese. Then place a layer of fruit. Keep layering cottage cheese and fruit until you get to the top. Then sprinkle with wheat germ or nuts. (Wheat germ is a cereal.)

There are other cheeses you can add to your morning meal. Place yellow cheese, such as American, and a scrambled egg on bread for a sandwich or spread soft white cream cheese between two layers of a bran muffin. Or instead of having a grilled cheese sandwich for lunch, try one for breakfast.

On page 10 in the section "Breads and Cereals for Breakfast," we made French toast, a dish which can be served with fruit, syrup or other toppings. To make it different and even more nutritious, top it with this custard sauce. You might even like the custard so much you'll want to eat it by itself.

You may want to use a double boiler to keep your milk from scorching or burning. Place water in the bottom half of the pan and the milk in the pan on top. If you do not use a double boiler, heat the milk in a heavy pan over low heat.

Custard Sauce

1/3 cup honey

2 tablespoons flour

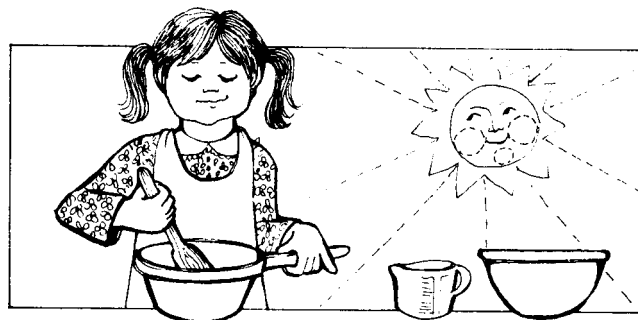
1/2 teaspoon salt

2 cups milk

3 eggs

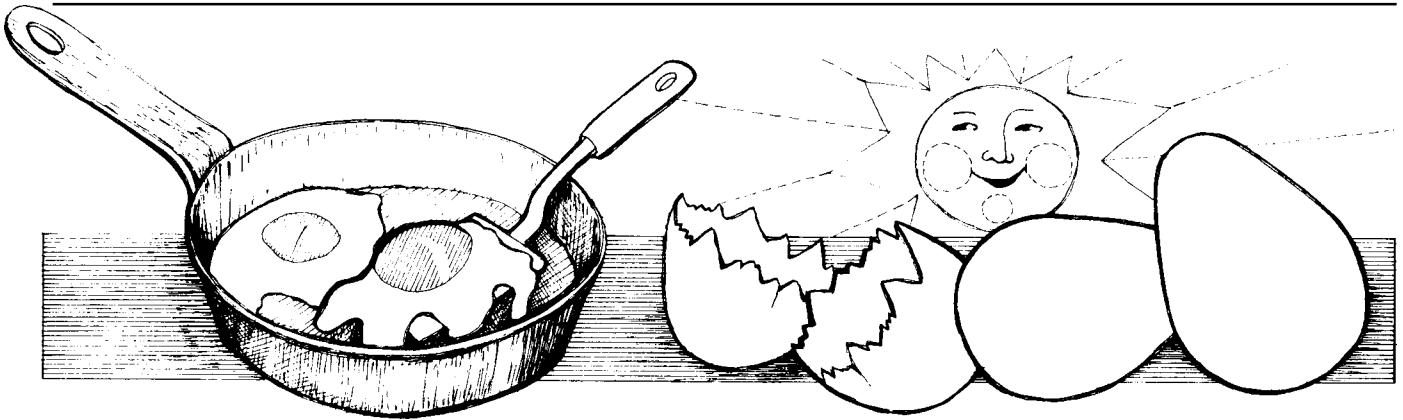
1 teaspoon grated orange rind

Mix together honey, flour and salt in a saucepan. Stir in milk. Cook over low heat, stirring constantly, until smooth and thickened. Combine eggs and orange rind in mixing bowl, beat slightly. Gradually add hot mixture to eggs, stirring constantly. Return to heat, cook 2 or 3 minutes until eggs are well-heated and mixture coats spoon. *Makes 3 cups.*



Lesson 5.

Eggs for Breakfast



Eggs have always been a popular breakfast food, especially for persons who like a heavier meal than cereal and milk. Eggs are very nutritious. They have good quality protein, and the yolk is high in iron. You have already used eggs in preparing French toast. Now let's learn how to buy eggs and to cook them in several ways.

Buying and Storing Eggs

Eggs may be government graded according to quality. The consumer retail grades are U.S. Grades AA, A, B, and C. Although all grades are wholesome, some are more desirable for cooking in certain ways. Few grade AA eggs are available, but they are excellent for eating.

Grade A eggs are suitable for all cooking methods. Grade B eggs are suitable for all methods other than poaching. Egg quality deteriorates rapidly if eggs are not kept refrigerated. Store eggs unwashed in a covered container or carton in the refrigerator.

Cooking Eggs

Scrambled Eggs

6 eggs
2 tablespoons margarine or butter
1/4 teaspoon salt
6 tablespoons milk
1/4 teaspoon pepper

Melt margarine or butter in a heavy skillet. Break eggs into a mixing bowl and beat with a fork. Add milk, salt and pepper.

Pour the egg mixture into the skillet and turn heat on low. Stir eggs with a spatula. Cook until they are creamy and slightly firm. For a special version try adding 1 tablespoon chopped onions or green pepper to the egg mixture before cooking. *Makes 4 servings.*

Now try a breakfast menu with scrambled eggs.

Scrambled Eggs
Toast & Jelly Margarine or Butter
Grapefruit Juice

Rating

Were your eggs tasty and firm but not rubbery? _____

Eggs Cooked in the Shell

Use 1 to 2 eggs per person. Place eggs in a heavy pan and cover with cold water. Heat water to simmering. Allow eggs to cook at a simmer for about 20 minutes. When eggs have cooked, place them in cold water if they are not to be eaten immediately. This helps prevent a green ring from forming around the egg yolk.

Soft cooked eggs (those with runny yolks) are not cooked through. They are a potential source of foodborne illness and should not be eaten.

Fried Eggs

Put 1 tablespoon of butter in a small skillet and turn the heat to medium-high. When the butter melts, break an egg carefully into the skillet. Turn the heat down to medium-low. Cook the egg until the white is set. Gently turn it over with a pancake turner and cook until the yolk is firm, but not hard.

Pizza Eggs

1, 8-ounce can pizza sauce
2 English muffins
4 eggs
1/4 cup shredded Mozzarella cheese or 1/4 cup grated Parmesan cheese
Butter or margarine

Measure 1/2 cup pizza sauce into a small saucepan. Put the remaining pizza sauce into a storage container and refrigerate for use another time. Put the pan of sauce on low heat to warm while you do the rest of the recipe.

Split the English muffins and toast them. Butter the English muffins. Fry the eggs, following the directions above. Put each egg on a muffin half on a plate. Spoon about 2 tablespoons hot pizza sauce over each egg. Sprinkle each egg with about 1 tablespoon of cheese. *Makes 4 servings.*

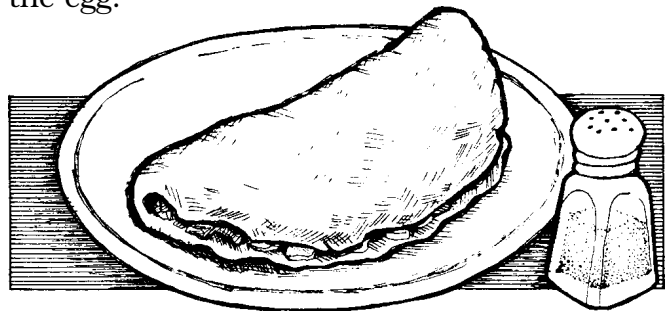
For a special occasion try this recipe.

Eggs in a Basket

6 slices enriched white bread
6 eggs
Butter or margarine
Salt
Pepper

Cut a hole in the middle of each bread slice with a 2-inch biscuit cutter. In a hot fry pan cook each slice in 1 tablespoon butter until golden brown. Turn, and melt more butter if desired for even color.

Slip an egg into the center of each hole. Salt and pepper to taste. Fry about 3 minutes, turn and fry 2 minutes or until egg is cooked on the other side. Brown the "holes" in the buttered pan and serve with the egg.



Omelets are fun for breakfast, but they may take a little more practice than making eggs other ways.

French or Plain Omelet

2 eggs
2 tablespoons water
1/8 teaspoon salt
1 tablespoon butter or margarine
Dash of pepper

Mix eggs, water, salt and pepper with fork. Heat butter in a 10-inch omelet pan or skillet until just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set at once.

With pancake turner, carefully draw cooked portions at edges toward center, so uncooked portions flow to bottom. Tilt skillet to hasten flow of uncooked eggs.

Slide pan rapidly back and forth over heat to keep mixture in motion and sliding freely. While top is still moist and creamy-looking, fold the omelet in half or roll with a pancake turner, and turn out onto platter with a quick flip of the wrist. Makes 1 serving.

For variety, add one of the following to the egg mixture before cooking.

- 1/2 cup chopped ham
- 1/2 cup grated cheese
- 1/2 cup sliced, fresh mushrooms
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper

Lesson 6.

Meat for Breakfast

Meat is good for a weekend breakfast or when you have time for preparation. Popular breakfast meats are bacon, sausage and ham. All of these give us protein, iron and vitamins. They also contain a lot of fat. If we want to get rid of some of the fat, it is better to choose a cooking method other than frying. Bacon, for instance, can be pan broiled or cooked in the oven.

Bacon

Pan-broiled

Place bacon in a cold skillet over moderately low heat. Separate the slices as they cook. As the fat cooks out, pour it into a cup or dish. Cook the bacon until it is as brown and crisp as you like it. Turn it often. When the bacon is done, drain on a paper towel to absorb fat.

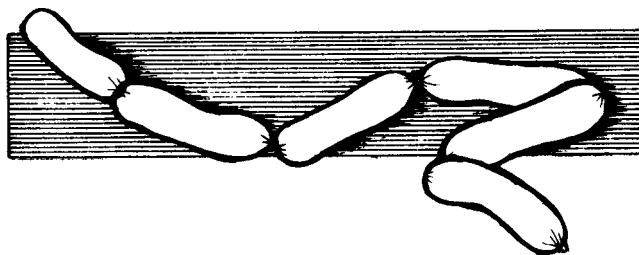


Oven Bacon

Set the oven to 350 degrees F. Place bacon slices on a rack in a shallow pan. Turn once with tongs. Cook 20 minutes or until crisp. Drain on a paper towel.

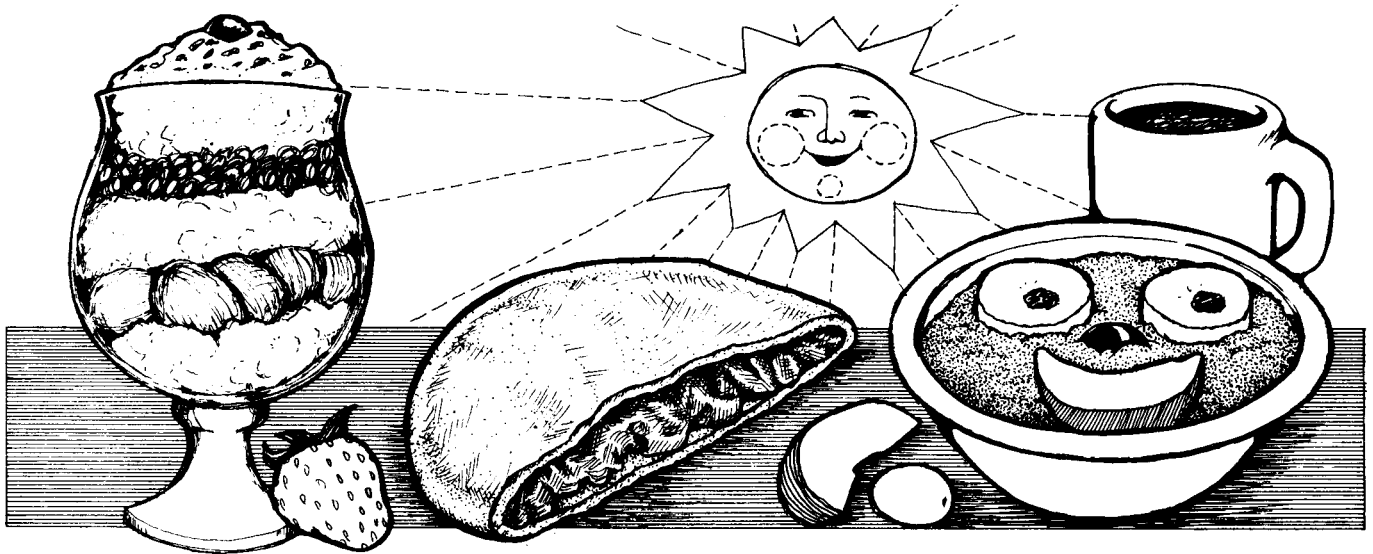
Sausage

Sausage can be purchased as links or as bulk sausage, loose in a package. Shape the loose sausage into patties by pressing some together. Cook like bacon by pan-broiling or cooking in the oven. Be sure it is cooked until no pink is showing. Undercooked pork may contain harmful organisms.



Lesson 7.

Fun Foods for Breakfast



Breakfast doesn't have to be boring! Why not try something different? The main factor to consider is that the meal should be nutritious. Try using leftovers from lunch or dinner or eating a food for breakfast that you usually eat at other meals.

Here are some examples for a fun breakfast

- Slice a banana or an apple and spread with peanut butter.
 - Sprinkle crunchy cereal over yogurt.
 - Sprinkle vanilla pudding or custard with nutmeg.
 - Pour orange juice over frozen peach or orange flavored yogurt
 - Make a fruit salad of whatever fruits you have. Serve with toast.
 - Place a scoop of vanilla ice cream or ice milk in half a cantaloupe.
 - Spread cottage cheese over whole-wheat toast, sprinkle with cinnamon and broil until bubbly.
 - Serve ice cream instead of milk or cream over hot oatmeal.
- Make a sandwich of anything-tuna, ham, chicken, egg, turkey or peanut butter. Use enriched white bread, whole-grain bread or something different, such as pita bread, the type with the little pocket.
 - Make an ice milk sundae, topped with fresh, canned or frozen fruits.

Here are some more fun breakfast ideas with recipes for you to try.

Banana Surprise

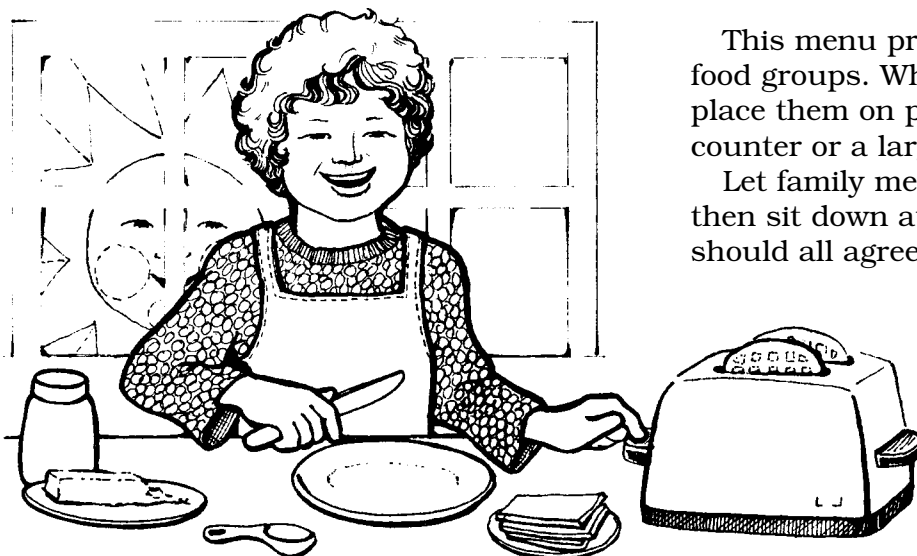
*1 tablespoon peanut butter
1 slice whole-wheat bread
1 medium banana, split
2 tablespoons honey
2 tablespoons crisp, rice cereal*

Spread peanut butter on bread. Top with banana. Drizzle on honey; sprinkle with cereal. Serve with milk. *Makes 1 serving.*

Waffle Sandwich

2 frozen waffles, toasted
1 tablespoon mayonnaise-type salad dressing
1 lettuce leaf
2 slices boiled ham
1 slice processed American cheese

Spread 1 waffle with salad dressing. Top with lettuce, ham and cheese, then remaining waffle. *Makes 1 serving.*



Special Occasion Breakfast

As a treat for your family, try putting together all your skills and prepare a buffet breakfast. Your menu could be:

Orange & Grapefruit Slices
French Toast with Custard Sauce
Ham or Bacon
Milk

This menu provides foods from all of the food groups. When all foods are prepared, place them on pretty serving dishes on the counter or a large table.

Let family members serve themselves and then sit down at the table you have set. They should all agree, **It's time for breakfast!**

Demonstration Ideas

Share your 4-H experience with others by showing them some of the things you learned in this project. One of the best ways to do this is by giving a 4-H demonstration.

Some topics to demonstrate include:

- making orange wedges and sectioning grapefruit
- comparison shopping for cereal
- comparison shopping for fruit juices

- preparing foods, such as oatmeal and oatmeal variations, muffins and muffin variations, coffee cake, Orange Smoothee, Pizza Eggs, Eggs in a Basket, omelets and omelet variations, Banana Surprise, or a Waffle Sandwich

It's Time for **BREAKFAST**

Project Record Form

Name _____ School _____

County _____ Birth Date _____

A. Size and scope of project (List everything you have done in project.). Under each section list the kinds of breakfast foods prepared.

Type of Food	No. of Times Prepared	No. of Servings	Comments
Milk & Cheese			
Fruits & Juices			
Breads & Cereals			
Meat & Eggs			
Total Meals Planned & Served			

B. Activities (List any activity related to the foods project in which you participated, such as exhibits, demonstrations and tours.)

C. Tell what you learned in the project (for example, learned to understand the information on food package labels).

D. Awards and Recognition (List the awards and recognition you have received in this project and indicate the level of recognition.)

E. How many times did you attend group meetings to work on your project?

F. If you helped others with their foods project, give the number of people you helped and what you did to help them.

G. Write a project story telling what you did and learned in the project, including such items as: how the project helped your family, who helped you with the project, and why eating breakfast is important to good nutrition.