Breakfast Made Easy for Every Body

Unit Facilitator’s Guide

**Length of Lesson:** 45 minutes

**Unit Objectives**
As a result of this lesson, individuals will:

- Eat breakfast more often.
- Choose healthy foods to create breakfast using MyPlate guidelines.
- Participate in at least 30 minutes of moderate physical activity every day.

**Evaluation**
Healthy Choices for Every Body involves teaching numerous lessons over a period of time. Participants should be evaluated using the Kentucky Nutrition Education Program Reporting System (WebNEERS) Data Entry Forms before the first lesson, after the seven required lessons are completed and upon graduation from the program. Entry/exit forms used to collect data include Client Enrollment Form, Client’s 24-Hour Diet Recall, Behavior Checklist and Kentucky Specific Additional Questions.
### Materials List

- **Presentation Materials:**
  - Breakfast Made Easy for Every Body (available in English and Spanish) for flipchart or projector/laptop set-up

- **Icebreaker supplies** (will vary depending on activity selected)

- **Food Demonstration food, supplies and materials** (will vary depending on recipe selected)

- **Activity supplies:**
  - Flip chart
  - Markers

- **Handouts/Publications:**
  - NEP 214: Breakfast Made Easy for Every Body (available in English and Spanish)

- **Selected food demonstration recipe**

### Prior to Lesson

- **Check the “24-Hour Food Recall Record” and the nutrition analysis.**
  - Does the participant’s diet indicate certain food groups or key nutrients that need emphasis?
  - Are there overweight or underweight family members?
  - Do the family members exhibit signs of good health?
  - Ask if the participant or any of their children are enrolled in the Women, Infants and Children Program (WIC). If yes, find out which health risk factors qualified each participant for the program.

- **Check the participant’s progress records to note any questions or confusing concepts from the previous lesson that should be reviewed.**

- **Review the NEP publication for the lesson. Refer to the curriculum guide for additional background reading to develop additional understanding of the topic.**

- **Select an icebreaker activity from the curriculum guide and gather supplies and materials needed for the activity.** For the Breakfast Made Easy for Every Body unit, the following icebreakers are suggested:
  - A Bowl of Cereal
  - Breakfast Bingo

- **Select a recipe to demonstrate from the curriculum guide and gather food, supplies and tools needed for the food demonstration.** Set up the food demonstration station before beginning the lesson. For the For the Breakfast Made Easy for Every Body unit, the following recipes are suggested:
  - Fantastic French Toast
  - Fruit Yogurt Parfait
  - Whole-Grain Strawberry Pancakes
  - Summer Fruit Salad
  - Magical Fruit Salad

- **Select a physical activity tip from the curriculum guide to share with the group.**

- **Copy all printed materials listed above. Remember to also print the recipe for the food dish that is being demonstrated that day.**

- **Gather teaching activity supplies listed above.**

- **Arrive at the facility early and set up the meeting space. No special meeting facilities are needed to conduct this lesson; however, a work table will be needed to present the food demonstration.**
Presenting the Unit

Lesson Introduction & Icebreaker
Welcome everyone to the class. Introduce yourself and explain your position with the Nutrition Education Program.

If you have presented before, review the previous lesson and ask if there are questions. Ask if anyone tried anything new as a result of the last class.

Explain that breakfast will be the topic for the day. Tell participants the class will focus on:

• Identifying ways to increase consumption of breakfast.
• Choosing healthy foods that can be used to create breakfast using MyPlate guidelines.
• Discussing how participants can add 30 minutes of moderate physical activity every day.

Introduce the icebreaker activity and give directions to the group. Conduct the icebreaker, then transition to the lesson.

Major Points & Learning Activity
NOTE: Use a flip chart or the PowerPoint® presentation as a visual aid during teaching to explain these major concepts related to the lesson objectives:

Explain how to choose healthy foods use to create breakfast using MyPlate guidelines.

A good breakfast can help everyone make the most of the day. Adults who eat breakfast have more energy; concentrate better; perform better at work; feel less tired, irritable and hungry; control their weight more successfully; and, have less risk for heart disease. Children who eat breakfast are healthier, perform better at school, get along better with others and have fewer accidents.

Almost anything can be eaten for breakfast, but a good breakfast should include foods from the participant’s MyPlate eating plan; body size, age and activity level will determine the amount of food recommended. It is also important to limit calories from fat and sugar and avoid excess salt (sodium). Breakfast should supply ¼ to ⅓ of the daily calories.

Breakfast is an important meal for people who are watching their weight. Often, people who skip breakfast overeat at other meals and snack on high-calorie foods.

Identify ways to increase consumption of breakfast.

No time to cook breakfast? Keep 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. Try something new for breakfast. There is 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 yogurt. Coffee and tea provide flavor and caffeine, but they do not add to the nutritional value of breakfast.

ACTIVITY: Have participants brainstorm ideas for quick and easy breakfast meals they might like to prepare for their families. Discuss. Create a list using a flip chart and markers. Post it for participants to see.

FOOD DEMONSTRATION: Select one of the recommended food demonstration recipes that best meets the needs of the participants. During the presentation, reinforce the main ideas of the lesson—eat breakfast within a few hours of getting up, try a variety of foods for breakfast and how to prepare quick meals. Encourage participants to be involved by asking volunteers to cut, measure and mix ingredients.

PHYSICAL ACTIVITY TIP: Remind participants they need 30 minutes of moderate physical activity every day.
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.

Share the selected physical activity tip of the day.

**Lesson Review**
At the conclusion of the lesson, ask participants, what are the take-home messages from today’s lesson?
During a discussion with participants:
- Explain how to choose healthy foods to create breakfast using MyPlate guidelines.
- Identify ways to get them and their family to eat breakfast more often.
- Participate in at least 30 minutes of moderate physical activity every day.

Ask participants if they have questions or if anything should be explained further. Ask participants to talk about what they will try at home based on what they learned during the lesson.

**After the Program**

**Reflection**
- If the concepts and information presented seemed to confuse participants follow up with them and make a note on the participant’s progress report of key concepts to review during the next session.
- Document strengths and weaknesses of the program for future improvements. Use questions from participants to assess your teaching and lessons and work to improving discussions and teaching concepts more clearly.
- Note additional needs, props and other items needed for future lessons.
- Incorporate participant ideas to improve future presentations.