Breakfast – A Healthy Start to Every Day

Getting Started
1. Review lesson plan before each session.
2. Copy handouts and follow-up questions.
   a. Breakfast Recipe
   b. Breakfast questions
   c. Food Guide Pyramid for Older Adults
3. Gather supplies needed for lesson and activities.

Supplies Needed
1. Handouts.
2. Supplies for activity:
   a. Empty cereal boxes (high fiber, fortified and enriched).
   b. Pictures of fruit or pieces of fresh fruit or food models.
   c. Empty food containers such as milk cartons (2% or less fat), egg cartons, cheese wrappers, peanut butter jars, etc.

Beginning the Session
1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by reviewing the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives – The participants will:
1. Understand the importance of eating breakfast.
2. Learn a healthy breakfast includes 3 to 5 food groups.
3. Know how to save time and money on breakfast foods.
4. Be given two recipes for breakfast.
Script

Note to the speaker: Start lesson with a brief group discussion.

Have any of you ever skipped a meal? Did any of you skip breakfast this morning?

Today, we will talk about the importance of eating breakfast. We will learn how to plan quick meals and save money. I also have two recipes for you to take home to try.

The Importance of Breakfast

Many people often skip breakfast. They may not be hungry, may not have time, or may think they are being healthy by fasting. Breakfast is an important meal. There are many reasons why eating breakfast is the healthy thing to do.

Do you feel hungry when wake up in the morning? You may feel hungry because your body used up energy stores while you were sleeping. Plus it has usually been many hours since your last meal. The hunger signs show your body’s fuel tank is empty. It is time to “break the fast” and feed your body with energy and nutrients to keep you healthy and fit.

Your blood sugar (glucose) levels may drop if you go many hours without a meal. Some of you may feel bad when your blood sugar (glucose) levels drop too low. Breakfast helps prevent low blood sugar (glucose) early in the day.

Breakfast may be the most important for those of you who try to watch your weight. People who eat breakfast daily are the ones who are more successful at losing weight and keeping off extra weight. It may be that breakfast helps them eat normally the rest of the day.

How many of you like eating breakfast? How many of you feel breakfast is your favorite meal? Great!

Planning A Healthy Breakfast

Many of you may not have a problem eating at breakfast time. Many people have trouble making healthy choices. They may go to fast food restaurants, eat donuts, or just drink coffee. You might think a healthy breakfast has to be cooked or labeled a "breakfast food," but this is not true. In fact, there are many healthy foods in the Food Guide Pyramid that are good for breakfast and easy to make.

The key to planning a healthy breakfast is to pick foods from 3 to 5 food groups. That way you will have a good variety of foods and nutrients. For example, a bowl of cereal with milk and a piece of fresh fruit includes 3 of the food groups (bread and cereal, milk and fruit groups). A meal that includes an egg, slice of toast, ½ cup of juice, and a cup of milk includes foods from 4 of the food groups (meat, bread and cereal, fruit and milk group). Note to the speaker: A copy of the Food Guide Pyramid for Older Americans is included with this lesson to give your audience a
visual aid. Continue by suggesting some nutritious “non-traditional” breakfast foods (e.g., grilled cheese sandwich, peanut butter toast and milk, soup, etc.). Have participants share their favorite breakfast menus to the group. Try to determine how many food groups are included.

**Saving Time and Money**

The busier we are the more we look for easy foods to eat. Convenience foods usually cost more and quickly drain your food budget. Sometimes ready-to-eat-cereal costs more than cereal you cook (such as oatmeal, cream of wheat or grits). Sometimes the packaging or the brand name increases costs. Have any of you bought cereal in a bag instead of a box? Bought the store brand instead of the national brand?

These are cheaper ways to buy ready-to-eat cereals. But it is important to pour the cereal into a sealed container or zip-top bag so it will stay fresh.

Save time on preparing hot cereals by cooking larger amounts in advance and eat over a few days. Freeze any servings you cannot eat within 4 to 5 days.

**Quick And Easy Breakfast Recipes**

I have some great ideas for making your breakfast more complete in less time and to give you energy for the day.

1. Grab dry cereal, cheese and fruit to eat when you are in a hurry.
2. Keep whole grain cereals on hand for quick sit-down breakfast. Serve with fruit.
3. Pancakes, waffles, toast or biscuits topped with fruit and a glass of milk is a good breakfast.
4. Make extra pancakes, waffles or biscuits and store in the freezer. They are ready to take out and reheat for a quick breakfast.
5. Eggs, peanut butter, cottage cheese, cheese and lean ham are inexpensive protein choices for breakfast.

**Pass out Breakfast recipes.**

**Activity**

As a group, practice planning breakfast menus that include 3 to 5 food groups, are fiber-rich and are low in cost. Use empty food boxes, pictures or foods as ideas to mix and match. If fresh fruit is part of the game, give it away as prizes. Write ideas on flip chart so everyone can see.
Reference

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact your local food stamp office, food bank, or senior center.

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Breakfast Recipe

Remember to plan breakfast to include foods from 3 to 5 groups.

**Breakfast Bag**

Toss these foods into a lunch bag and you’ve got breakfast on the go! Mix and match your favorite ingredients.

- ¾ cup dry cereal
- 1 piece of fresh fruit
- 1 slice of cheese
Breakfast Questions

Date: | County:
---|---

Name: | Age:
---|---

Please circle your answers.

1. I learned something new today.
   No          Yes

2. I eat breakfast every morning.
   No          Yes

3. To make my breakfast healthier, I plan to eat more:
   milk  fruit  juice  cold cereal

4. I usually eat these foods for breakfast:
   sausage   toast   juice
   eggs     cold cereal   fruit
   bacon   grits   coffee

5. Are you going to eat breakfast every day?
   No          Yes
Nutrition For Older Adults' Health

TUFTS
Food Guide Pyramid for Older Adults

USE SATURATED AND TRANS FAT, SUGAR AND SALT SPARINGLY
Saturated and Trans Fats = ●
Added Sugar = ▲
Salt = ●

CALCIUM, VITAMIN D, VITAMIN B-12 SUPPLEMENTS
Not all people need these supplements, check with your healthcare provider

LOW- AND NONFAT DAIRY PRODUCTS
3 OR MORE SERVINGS

DRY BEANS AND NUTS, FISH, POULTRY, LEAN MEAT, EGGS
2 OR MORE SERVINGS

BRIGHT-COLORED VEGETABLES
3 OR MORE SERVINGS

DEEP-COLORED FRUIT
2 OR MORE SERVINGS

WHOLE, ENRICHED AND FORTIFIED GRAINS AND CEREALS
6 OR MORE SERVINGS

Choose whole grains and fortified foods such as brown rice, 100% whole-wheat bread, and bran cereals

WATER/LIQUIDS
8 OR MORE SERVINGS

Choose water, fruit or vegetable juice, low- and nonfat milk, or soup

f+ High-fiber choices

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