

FOURTH GRADE LESSON: Planning a GO Breakfast

SC STANDARD: 4.NSF.3

PLANNING A GO BREAKFAST

OBJECTIVES:

- Understand the importance of starting the day with healthy Go foods
- Equip students with knowledge to plan their own Go breakfast
- Practice using measuring cups to prepare a properly sized breakfast

LET'S GET STARTED! (10 MINUTES):

- Review the definition of Go foods
- Explain the importance of breakfast
- Discuss how Go foods can be added to breakfast

ACTIVITY (15 MINUTES):

- Use measuring cups to talk about properly portioned breakfasts and practice using them to measure different portion sizes

WRAPPING UP (5 MINUTES):

- Review why it is important to eat a Go breakfast and how to do it
- Hand out Boss' Backpack Bulletin sheet as well as the weekly task

SC STANDARDS:

- 4.NSF.3 Develop an understanding of addition and subtraction of fractions (i.e., denominators 2, 3, 4, 5, 6, 8, 10, 12, 25, 100) based on unit fractions.

MATERIALS:

- Measuring cups
- Sample substances to practice measuring
- Food Labels and Serving Size Worksheet
- Measure it Out! Information Cards
- Boss' Backpack Bulletin handout

LET'S GET STARTED!

- This week we are going to talk about Go foods again. Remind students what Go foods are. Explain the importance of breakfast and how to incorporate Go foods into a healthy breakfast.

DIALOGUE BOX

- Does anyone remember what a Go food is? Can you define it for the rest of the class?
- Remember, Go foods are the best and most nutritious foods for your body. You can eat them almost any time you want! Whole grains, fruits, and vegetables are all examples of Go foods.
- Who likes to eat breakfast? What are some of your favorite breakfast foods?
- Breakfast is a very important meal of the day! It gives you the energy you need to start the day and helps you concentrate so you can do your best work.
- A healthy breakfast can give you the important vitamins, minerals, and other nutrients your body needs to function. Adding Go foods to breakfast is a great way to start your day on a healthy note!
- Ask students to suggest some Go foods they could eat for breakfast. Give examples of good Go breakfasts.

DIALOGUE BOX

- Skim milk and whole grain cereals like shredded wheat and raisin bran or oatmeal are good Go choices for breakfast. Whole-wheat bagels, toast, and waffles also make a great Go breakfast.
- Fruits are Go foods that make a great addition to any breakfast! Add fruit like bananas or berries to cereal or oatmeal. You can even use fruit to top waffles, toast, or bagels.
- Low-fat yogurt is also a Go food. Add fresh fruit for exciting flavors and some natural sugar!
- Remind students that eating a Go breakfast will help keep them energized all day and help them do their best in school and sports.
- Explain that an important part of any meal is practicing portion control and eating the right amount of food.

DIALOGUE BOX

- Eating the right food is an important part of any meal, but eating the right amount of food is also important.
- All foods that are packaged have a food label. You can find it on the back of the box, bag, or carton that foods come in.
- The top of this food label will tell you how much a single serving of the food is. The serving size lets you know how much of the food you should eat.
- Sometimes the serving size is simple, like one carton of yogurt that comes individually packaged. But sometimes the serving size is more complicated, like $\frac{3}{4}$ cup of cereal that comes from a big box.
- You can easily measure the right serving size by using tools like measuring cups!

BOSS' FUN FACTS

Add PROTEIN to your breakfast to give you sustained energy throughout the day. Protein will help keep you full and provide lasting energy to help you concentrate and work hard all day long!

Try some of these protein packed breakfasts!

- Egg and cheese on whole wheat toast
- Greek yogurt with fruit
- Peanut butter on whole wheat waffles, toast, or bagel
- Fruit smoothie made with Greek yogurt or skim milk

ACTIVITY

- Hand out Serving Size worksheet to students. Explain that they will have to fill in the correct serving size for each food by reading the corresponding food label.
- Set up measuring stations in the front or back the classroom. Place each item in a separate bin to collect possible spills. Use items of differing consistencies, such as a bag of sand, a gallon of water, and a box of pebbles.
- Have a bowl/bin inside each larger bin where the students can pour the correctly measured item. Also have a larger bowl for them to place the items in after they are done. Alternatively, have them pour them back in the bag/box/carton if possible.

DIALOGUE BOX

- Now that you know how to find the correct serving size, let's practice measuring it out!
- At each station you will find a different item to measure. There will also be an information card with different serving sizes listed. Use the measuring cups to measure each different serving size on the information card.
- Remember, always pour liquids carefully into measuring cups until it reaches the brim. You can either pour or scoop solids into a measuring cup. Always fill the measuring cup to the top, but don't overflow it! You want a nice straight and level line across the top.
- After you measure, pour the serving size into the serving bowl and observe what it looks like. You can think about this next time you read the serving size on a food label.
- When you are finished, pour the serving into the large container next to your bin labeled 'Done.'
- Move between stations and help students as needed. Ask students to clean up the areas when they are done. They can move to other stations once they have measured the serving size of each item on the information card at the station.

WRAPPING UP

- Ask the students if they have any questions about using measuring cups.
- Review possible Go breakfast ideas, and talk about applying serving sizes when preparing breakfast (e.g. measuring a serving of cereal, oatmeal, or yogurt, reading the serving size on waffles or bread for toast).
- Hand out Boss' Backpack Bulletin that will provide reference for reading and measuring



MEASURE IT OUT!

- 1 Cup
- $\frac{3}{4}$ Cup
- $\frac{1}{2}$ Cup
- $\frac{1}{4}$ Cup
- 2 Tablespoons
- 3 Teaspoons

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FOOD LABELS AND SERVING SIZE

Inspect the following food labels that correspond with each food. Find and circle the recommended serving size and write it in the blank below each picture.



Nutrition Facts	
Serving Size 1 Cup	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 40%

Serving Size = 1 cup



Nutrition Facts

Nutrition Facts	
Serving Size: 1/2 cup dry (40g)	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0.5 g	2%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium	
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	16%
Sugars 1 g	

Serving Size = _____



Nutrition Facts	
Serving Size 1 Cup (225g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Potassium 240mg	7%
Total Carbohydrate 9g	3%

Serving Size = _____



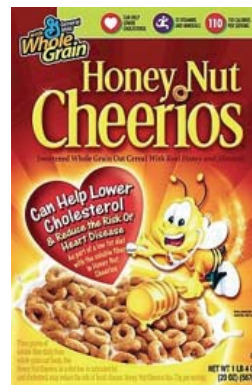
Nutrition Facts	
Serving Size 1 cup (240mL)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol <5mg	1%
Sodium 125mg	5%
Potassium 410mg	12%

Serving Size = _____



Nutrition Facts	
Serving Size 2 Tbsp (32g)	
Servings Per Container About 14	
Amount per Serving	
Calories 210	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 8g	

Serving Size = _____



Nutrition Facts		
Serving Size 3/4 cup (28g)		
Servings Per Container about 12		
Amount Per Serving		
	Honey Nut Cheerios	with 1% skin milk
Calories	110	150
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%

Serving Size = _____

BOSS' BACKPACK BULLETIN

Your goal this week is to eat a Go breakfast! A healthy breakfast provides you the energy I need to stay focused and energized all day! Use the bubbles to plan some different Go breakfasts and maybe try one this week!



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