



## KINDERGARTEN

LESSON: Planning a GO Breakfast

SC STANDARD: Literacy Standards



It's your world.

### 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

#### 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

#### STORY (15 MINUTES):

- Read the story about Boss planning a healthy breakfast

#### WRAPPING UP (5 MINUTES):

- Review why it is important to eat a Go breakfast and how to do it

### 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!

## STORY

- Read the story about Boss' friends teaching him how to plan a healthy breakfast

## WRAPPING UP

- Ask the students if they have any questions about the story
- Review possible options for a healthy breakfast as well as asking if they have any other ideas of something healthy they could eat for breakfast

One morning before school started, Boss and his friends went to a local breakfast place to get a bite to eat. They went out for breakfast every once in a while to talk and hang out before they had to go to school and do work. They all had a certain breakfast item that they each got every time. One of his friends, Jake, always got the oatmeal with blueberries on top. Another friend, Sally, loved the fruit bowl and side of whole-wheat toast with peanut butter. His third friend, Will, enjoyed having the whole-wheat bagel with a glass of milk! They all chose the very healthy options on the menu, but Boss did not. Boss' favorite breakfast food from the restaurant was hash browns, pancakes with butter and syrup, and a glass of chocolate milk.

This particular morning, his friends all got their usual choices off the menu, but Boss wanted something different; he did not want the same ole hash browns and pancakes, but did not know what to get! He asked his friends, "What do you think I should try this morning? I want something different than I usually get, but I do not know what I would like? What about cheese grits? Or waffles?" Boss friend Sally said, "what about trying the scrambles eggs with some fruit and whole-wheat toast?" Boss replied, "That sounds boring and what if it does not taste good?" His friends answered his question by saying, "You will never know if you do not try it! And not to mention, it is a very healthy breakfast to have before we go off to school! The eggs, fruit, and whole-wheat toast offers so many vitamins and minerals that you may not be able to get from hash browns or waffles! You will feel more awake, have more energy throughout the day, and these healthy foods will help fuel your mind and body so that they function properly! Boss did not know what to do still. He really wanted to eat waffles, or the cheese grits instead, but took his friends advice and tried he healthy option!

When everyone's food got to the table, Boss was the only one who had not dug into his food yet because he still was not sure he would like this healthy breakfast his friends suggested. Jake said, "I promise you will like it! Just give it a try!" So, he did... and he loved it! To his surprise, he actually enjoyed the scrambled eggs, fruit, and toast. He told his friends that he was glad they gave him such a great suggestion for a healthy breakfast, and that he was even going to try and make it when he is at home! His friend Will replied by saying, "Yeah Boss, you can make this breakfast easily at home! You do not have to go out to a restaurant to have a good, tasty, and healthy breakfast! If you are having trouble, you can just ask your mom or dad to help! I am sure they would love to see you eating such a healthy breakfast!"

