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# Why Breakfast?

FOODS UNIT - 7TH GRADE

BREAKFAST

Name:

Period

## Breakfast Facts— True or False

Directions: Which of the following are true about breakfast?

1. Breakfast eaters are calmer and less anxious than breakfast skippers.  
**True or False**
2. Students who eat breakfast may do better on tests than students who don't eat breakfast.  
**True or False**
3. Students who eat breakfast are more likely to get all the needed nutrients to stay healthy.  
**True or False**
4. Breakfast skippers are less likely to be overweight.  
**True or False**

5. Students who eat breakfast have more energy than breakfast skippers.  
**True or False**



### Do you eat breakfast?

6. Students who eat breakfast are more likely to get along with classmates.  
**True or False**

7. Students who eat breakfast are more likely to get headaches and stomachaches in that morning than breakfast skippers.  
**True or False**
8. Students who have breakfast have faster memory recall than breakfast skippers.  
**True or False**
9. Students who eat breakfast are better able to focus on learning than students who skip breakfast.  
**True or False**

### Sources:

*2008 National Dairy Council*

*2008 School Nutrition Association*

## What's a Healthy Breakfast?

Breakfast should include at least three of the food groups, and two of the foods should be from the "Food Groups to Encourage"—that's Grain, Vegetables, Fruit, and Milk.

So look at the next two menus. Which one is a more nutritional

breakfast and why?

### Breakfast Menu #1

- 1 medium banana
- 1 ounce cereal
- 1 cup fat-free milk
- 2 graham crackers

### Breakfast Menu #2

- 1 cake doughnut
- 1 orange
- 1 ice cream bar
- 1 oatmeal cream cookie

# Breakfast Lab Directions . . .



Breakfast Eaters!



Be sure measurements are just right!



Follow all directions!

Now let's prepare a breakfast! Because of time, we will prepare the menu in three class periods. The Muffins will be mixed and baked during the first two class periods. They may be heated for the breakfast meal which will be served on the following day. The Breakfast Casserole will also be made on the third day. A fruit juice will complete the meal.

**Complete steps 1-3 on all days.**

1. No gum; roll up long sleeves; wash hands.
2. Fill sink with soap and water; get towels.
3. Assign jobs; work cooperatively and quietly; follow directions.
4. Complete clean-up.

## Day 1

**Day 1: Measure Dry Ingre-**

| Jobs                            | Person in Charge |
|---------------------------------|------------------|
| Sift and measure 1 cup flour    |                  |
| 1 teaspoon baking soda          |                  |
| 1 teaspoon cinnamon             |                  |
| 1/4 teaspoon salt               |                  |
| Mix. Pour into container. Label |                  |

## Day 2

**Day 2: Complete Morning Glory Muffins.**

5. Heat oven to 375° F.
6. Line muffin pan with paper bake cups.
7. In a large mixing bowl blend all muffin ingredients using a wooden spoon.

|  |  |
|--|--|
| All dry ingredients                                  |  |
| 1/2 cup and 2 Tablespoons <b>packed</b> Brown Sugar  |  |
| 1 medium apple ( <b>peeled, cored, and chopped</b> ) |  |
| 1/2 Cup and 2 Tablespoons <b>shredded</b> carrots    |  |
| 1/4 cup raisins                                      |  |

8. In a medium bowl measure and mix the following ingredients .

|   |  |
|---|--|
| 4 ounces crushed pineapple (juice packed), <b>undrained</b> |  |
| 1/3 cup cooking oil   |  |
| 1 egg and 1 egg white                                       |  |
| 1/4 teaspoon vanilla  |  |

9. Add pineapple mixture to flour mixture just until moistened.
10. Spoon batter in muffin cups.
11. Bake about 18 minutes, or until toothpick comes out clean.
12. Cool for day 3.

## Day 3- Individual Breakfast Casseroles

| Jobs  | Person in Charge |
|---|------------------|
| In a mixing bowl stir together:             |                  |
| 2 eggs                                      |                  |
| 2 tablespoons sour cream                    |                  |
| 2 tablespoons grated cheese                 |                  |
| Dash of salt and pepper                     |                  |
| 2 cups of thawed frozen hash brown potatoes |                  |

1. Spray or grease 6 muffin cups.
2. Divide mixture into 6 muffin cups.
3. May refrigerate overnight.
4. Bake 400 degrees F. for 12 minutes.
5. Heat muffins if you would like.
6. Pour Juice.
7. Enjoy your breakfast!

“Break-the-Fast” of a long night.  
Eat Breakfast!

### Make Breakfast for Family & Friends - (Bonus Info)

Name

Period

Due Date:

Directions: Select a menu for a family breakfast. Include foods from at least 3 food groups. (Remember to include 2 food groups to encourage—they are Grain, Vegetable, Fruit, or Milk.) Prepare the breakfast, serve the meal, clean up the kitchen, and evaluate the experience.

- **List Menu choices:**
- **Attach recipes used.**
- **Evaluate:** Ask one family member to grade your preparation skills. (1-4, 4 is the best!)

| Criteria   | Scores |
|--|--------|
| Menu ( Includes 3 different food groups. Includes 2 of the following – grain, vegetable, fruit, or milk. |        |
| Measurements   |        |
| Follow Directions  |        |
| Safe & Sanitary  |        |
| Taste  |        |
| Clean up   |        |
| Signature of person completing this evaluation.  |        |

## A Few Breakfast Web Sites

<http://www.foodinsight.org/For-Consumers/Breakfast-Resources.aspx> (Videos)

[Ready, Set, Breakfast](#)

[Kraftfoods.com—Breakfast Ideas](#)

[Kellogg's Breakfast Recipes](#)

<http://www.nutritionexplorations.org/>



## FCS

Visit my Website—Go to:  
[www.beatricepublicschools.org](http://www.beatricepublicschools.org)  
(Click on BMS/Teacher web site-Smaus)

# Breakfast Facts - True or False (Answers from Page 1)

1. Breakfast eaters are calmer and less anxious than breakfast skippers.  
**True or False**  
**True or False**
2. Students who eat breakfast may do better on tests than students who don't eat breakfast.  
**True or False**  
This is one reason why you should always eat breakfast when standardized tests are given!
3. Students who eat breakfast are more likely to get all the needed nutrients to stay healthy.  
**True or False**  
A nutritious breakfast provides 25% of the nutrients needed daily.
4. Breakfast skippers are less likely to be overweight .  
**True or False**  
Breakfast skippers tend to eat more high caloric foods later in the day.
5. Students who eat breakfast have more energy than breakfast skippers.  
**True or False**  
A nutritious breakfast provides about 25% of the energy your body needs.
6. Students who eat breakfast are more likely to get along with classmates.  
**True or False**
7. Students who eat breakfast are more likely to get headaches and stomachaches in that morning than breakfast skippers.  
**True or False**  
If you don't eat breakfast, you get hungry causing headaches and stomachaches.
8. Students who have breakfast have faster memory recall than breakfast skippers.  
**True or False**
9. Students who eat breakfast are better able to focus on learning than students who skip breakfast.  
**True or False**  
If you don't eat breakfast, you get hungry. Hunger interferes with the ability to concentrate.

**So what's your breakfast score?**