

# Serving Breakfast at BMS . .



FOODS UNIT - 7TH GRADE

BREAKFAST

## RESOURCES

- [Importance of Breakfast](#) (Video)
- [Breakfast Time Video](#) <http://www.safeshare.tv/w/wNSmHdxWE>
- **UNL Extension Educator & Dietitian**



<http://makinghealthierdecisions.com/2014/08/27/applesauce-oatmeal-muffins-with-blueberries-the-best-muffins-ever/>

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Name:

Period

## Breakfast Talk . . .

### Breakfast Survey . . .

1. Do you eat Breakfast?  
A) Usually  
B) Sometimes  
C) Usually Not
2. If you do not eat breakfast, why not?  
A) No time  
B) Not Hungry  
C) Trying to lose weight  
D) Other
3. If you do eat breakfast, why?  
A) Parent's make me  
B) Get some energy for the day.  
C) I'm hungry  
D) Other
4. If you eat breakfast, what plate parts do you usu-

ally get? Mark all.

- A) Grain
- B) Fruits/Vegetable
- C) Protein
- D) Dairy
- E) Extra

### Breakfast Facts . . .

Directions: Connect to the resource listed. Read the assigned article. Be ready to discuss the following questions.

1. How can eating breakfast help you to be calmer during the day?
2. Why might students do better on tests if they eat breakfast?
3. What nutrients can a healthy breakfast offer

you? Why are they important?

4. How can breakfast help you maintain a healthy weight?
5. What foods often eaten for breakfast will help your body with the digestion process?
6. Which foods often eaten for breakfast will help prevent osteoporosis?

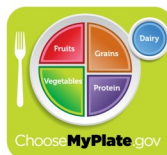
### Resource:

<http://www.foodinsight.org/Content/6/CONSUMER%20BREAKFAST%20TIP%20SHEET%20FINAL.pdf>

Speaker: Kayla Colgrove, UNL Extension Educator & Dietitian shares breakfast importance & a quick breakfast idea. Also guides students as they write lab blog.

## What's a Healthy Breakfast?

The breakfast should include all parts of the "MyPlate" icon. So look at the next two menus. Which is better? Why?



### Breakfast Menu #1

- Strawberry Banana Carrot Smoothie
- 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 1 . . . Applesauce Oatmeal Muffins with Blueberries



**Breakfast Start . . .** <http://makinghealthierdecisions.com/2014/08/27/applesauce-oatmeal-muffins-with-blueberries-the-best-muffins-ever/>



**Be sure measurements are just right!**



**Follow all directions!**

Let's prepare a quick bread for a breakfast. The quick bread will be Applesauce Oatmeal Muffins with Blueberries. It will take 2-3 class periods to complete. These muffins will help us get not only grain, but a little fruits. A fruit smoothie will complete our breakfast.

After our class breakfast, we will begin plans for the final food project—"BMS

Breakfast Bonanza".

**Complete steps 1-4 on all days.**

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

• **Measure & store in bag.**

## Day 1: Dry

Jobs	Person in Charge
Sift & measure 1/2 cup flour	
Sift & measure 1/2 cup whole wheat flour	
1 /2 teaspoon cinnamon	
1 teaspoon baking powder	
1/2 teaspoon baking soda	
1/4 teaspoon salt	
1 cup oats	

## Day 2: Mix/Bake

**Complete Muffins.**

5. Heat oven to 350° F.
6. Line 12 muffin pan with paper bake cups.
7. Mix together oil, brown sugar, applesauce, and egg.
8. Add dry ingredients. Pour dry ingredients through a strainer as you add these to your mixing bowl.
9. Combine dry and wet ingredients, by hand with a wooden spoon, just enough to blend. Batter should still be lumpy.
10. Gently fold in frozen blueberries.
11. Spoon batter into muffin cups.
12. Bake 20-25 minutes, or until toothpick comes out clean.
13. Remove from oven and cool.
14. Store muffins in a covered container or plastic storage bag to prevent them from drying out.

**Yield: 12 muffins.**

**Nutritional Information** for 1 muffin:  
Per Serving: 159 calories, 23 (g) carbohydrates, 10 g. sugar, 7 g fat, 3 g protein

### Muffin Ingredients

1/3 cup vegetable oil	
1/2 cup brown sugar, lightly packed	
1 egg	
1 cup applesauce, unsweetened	

### Mix Together

Add all dry ingredients—pour through strainer into your bowl.	
1/2 cup frozen blueberries (Optional) Rinse. Pat Dry. Gently fold into mixture.	

### Triple Threat Fruit Smoothie by Madi

- 1 kiwi sliced
- 1 banana, peeled & chopped
- 1 cup blueberries, optional
- 1 cup strawberries
- 1 & 1/4 cup ice cubes
- 1 cup orange juice
- 1 (8-ounce) peach yogurt



## Serve Your Breakfast!

### Directions:

1. In blender, blend fruits, ice, orange juice, and yogurt until smooth.

## Toast: The New Breakfast of Champions Recipes

**NOTE:** The following article is "Healthy Bites" - a newsletter from Kearney Hy-Vee Dietitians.

One key to helping your child succeed in the classroom is to make breakfast a daily routine. Research shows kids who eat breakfast are more likely to have higher test scores, improved concentration and healthier body weights. The energy and nutrients in a healthy breakfast help the body wake up after a night's sleep, starting the day off the right way. Toast earns a gold star for breakfast because it is:

**Quick & Kid-friendly:** For many families, busy mornings are the biggest barrier to breakfast. Finding foods that are both nutritious and easy to prepare is key. Ready in under five minutes and simple enough that kids can prepare it themselves, toast is an ideal breakfast choice. Involving your kids in meal preparation builds confidence, independence and a foundation of cooking skills they can rely on as they continue to grow.

**Economical:** Assembling toast with toppings takes only a few simple ingredients. Bread is a basic staple that costs only a few cents per slice. Compare this cost to that of ready-to-eat breakfast pastries, which cost nearly twice as much, yet contain less protein, fiber and whole grains.

**Nutritious:** Start off with a slice of whole-grain bread and top it off with any variety of spreads, fruits or veggies. For ideas, see the recipes below. Toast with toppings is a breakfast choices that includes protein, fiber and healthy fats. These nutrients slow digestion, keeping kids full, focused and energized longer. Toast with toppings also provides a variety of vitamins and minerals, like vitamins A and C, B vitamins, potassium and iron. The energy and nutrients found in toast provide the get-up-and-go needed to fuel a day of work and play.

### Ricotta, Honey & Cinnamon Toast

#### All you need:

- 1 slice whole grain bread, toasted
- 2 tablespoons ricotta cheese
- 1 tablespoon Hy-Vee honey
- Sprinkle of Hy-Vee ground cinnamon

#### All you do:

1. Spread toasted bread with ricotta cheese.
2. Drizzle honey over ricotta and sprinkle with cinnamon.

Serves 1. Nutrition Facts per serving: 218 calories, 6 gm fat, 3 gm saturated fat, 16 mg cholesterol, 38 gm carbohydrate, 3 gm fiber, 8 gm protein, 157 mg sodium

*Adapted from: [www.allyou.com](http://www.allyou.com)*

## **Toast: The New Breakfast of Champions Recipes - Cont. (Source: EatingWell.com)**

### **Peanut Butter & Grape Toast**

All you need:

- 1 slice whole grain bread, toasted
- 2 tablespoons Hy-Vee Natural peanut butter \*
- ½ cup halved purple grapes

All you do:

1. Spread toasted bread with nut butter. Top with sliced grapes.

\* Any variety of nut butter may be substituted for peanut butter

Serves 1. Nutrition Facts per serving: 235, 8 gm fat, 3 gm saturated fat, 0 mg cholesterol, 33 gm carbohydrate, 4 gm fiber, 6 gm protein, 200 mg sodium

Source: Hy-Vee dietitians

### **Avocado, Tomato & Feta Toast**

All you need:

- 1 slice whole grain bread, toasted
- ½ of a ripe avocado, mashed
- 2 slices ripe tomato
- 1 tablespoon Hy-Vee Select Traditional Feta crumbled cheese

All you do:

1. Spread toasted bread with mashed avocado. Top with tomato slices. Sprinkle with feta cheese.

Serves 1. Nutrition Facts per serving: 200 calories, 14 gm fat, 3.5 gm saturated fat, 10 mg cholesterol, 20 gm carbohydrate, 5 gm fiber, 7 gm protein, 300 mg sodium

Adapted from: CaliforniaAvocado.org

### **Apple & Cheddar on Raisin Toast**

All you need:

- 1 slice Pepperidge Farm Cinnamon Raisin Swirl bread, toasted
- 1 teaspoon Hy-Vee apricot preserves
- 5 thin slices Granny Smith apple
- 1/8 cup Hy-Vee shredded sharp cheddar cheese

All you do:

1. Spread toasted bread with a thin layer of apricot preserves. Arrange apple slices evenly over top and sprinkle with cheese.
2. Place in toaster oven or under broiler just until cheese melts."

Serves 1. Nutrition Facts per serving: 185 calories, 4.5 gm fat, 2.5 gm saturated fat, 15 mg cholesterol, 27 gm carbohydrate, less than 1 gm fiber, 6 gm protein, 190 mg sodium

Source: Hy-Vee dietitians

### **Mexi-Melt**

All You Need:

- 2 tbsp. nonfat refried beans
- 1 slice whole wheat bread, toasted
- 1 tbsp. prepared salsa
- 1 tbsp. shredded cheese, such as Mexican blend or Jack

All You Do:

1. Spread beans on toast. Top with salsa, then cheese.
2. Microwave on HIGH until the cheese is melted and beans are hot, about 45 seconds.

Serves 1. Nutrition Facts per serving: 123 calories, 3 g fat (2 g sat fat, 0 g trans), 6 mg cholesterol, 392 mg sodium, 17 g carbohydrate, 4 g fiber, 1 g sugar, 7 g protein