

growing up
HEALTHY

Wellness Programs for Kids

Teachers Guide:

**Growing Up Smart with a
Healthy Breakfast!**



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Growing Up Smart with a Healthy Breakfast!

Program Theme & Educational Focus

- Children learn about the importance of eating a healthy breakfast.
- Educational focus on USDA *guidelines* for what constitutes a healthy breakfast.
- Children play the Food Smart Game and complete a healthy breakfast worksheet.
- Each program includes three mini-educational modules (1. A teacher led learning session; 2. A class engagement activity; and 3. A Healthy Bites – taste & talk session)

One leader can lead all three mini-modules. However, if possible, it works even better to have different people lead different mini modules ; if there are two teachers/leaders available - have one do the 1st and 3rd mini-modules and the other do the second; if there are 3 co-teachers available - have each do one of the mini-modules.

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (~10 minutes)

Introductions (~2 minutes)

- **Do:** Introduce yourself (*if new to the class*); tell who you are and what you do.
Say (Example): Hi, my name is _____ (*fill in the blank*). I work as a _____ (*chef/ food service manager/ job title*) which means my job is to help people learn how to live healthier lives and to eat foods that will make them healthy. I work for ARAMARK at Children’s Hospital...
- **Do:** Share some personal information about yourself.
Say (Example): I’m a mom and I have two boys at home that LOVE to eat. One of them loves pizza and the other loves corn on the cob in the summer. My favorite foods are.....
- **Do:** Tell the class what they’re going to be doing today.
Say (Example): Today we’re going to be learning how to eat a healthy breakfast that energizes your brain. People who eat the right foods for breakfast are more ready for the day. We want to teach you how to pick the right breakfast foods to eat so you can grow up healthy and smart!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Class Warm-Up/ Ice-Breaker

“Favorite Breakfast Foods” (~3 minutes)

- **Do:** Ask the children who ate breakfast this morning to raise their hands.
Say (Example): *I'd like to get started by taking a few minutes to learn a little about you. Raise your hand if you ate breakfast this morning. Of those that ate breakfast, what did you eat?*
- **Do:** Call on 5-6 children to tell the class what they ate. Each time you call on a child write down on the board what they ate and ask how many other children also ate that or like to eat that food for breakfast.

Growing up Healthy Educational “Poster Session”

(side one
2-3 minutes)

- **Do:** Transition to a teacher led educational session by uncovering the front of the main Poster (which should be positioned nearby on a ledge or easel).
Say: *Does anyone know some of the reasons why breakfast is important? (call on 3-4 children to respond)*

You all gave great answers. Breakfast is the most important meal of the day because it: (point to each one on the poster as you say to them)

Circle 1 (start at top circle and move in the clockwise direction): *strengthens the brain*

Circle 2: *keeps you healthy*

Circle 3: *helps you pay attention*

Circle 4: *helps you do better in school*

Circle 5: *and gives you energy*

(side two continued on
next page)

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

(side two
~5 minutes)

- **Do:** Turn the main poster over to side two. Introduce the children to the idea of what a healthy breakfast looks like shown on side two of the main poster.

Say: A healthy breakfast that gives you energy for the day includes at least 3 of the 5 food groups. Raise your hand if you can tell me what the 5 food groups are. (wait for children to respond) (**ANSWER: grains, fruits, vegetables, dairy, protein**)

Good! So a healthy breakfast means you have a serving of whole grains like cereal or bread, a fruit or vegetable, and either low/nonfat milk or other dairy or a protein like eggs.

Can you give me examples of other healthy breakfast foods that are in the grains, fruit/vegetable, dairy and protein food groups?

- **Do:** Call on children and write each's answer in a column next to the "Favorite Breakfast Foods" already on the board. Next, compare the lists. Discuss ways to make healthier breakfast choices in comparing both lists.

Say: (if it applies) See, some of you already eat healthy breakfast foods!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Teacher Resource

(Material for teacher to read before class)

- **Do:** For your own personal background information, spend a few minutes reviewing the basics of breakfast portions and the USDA’s guidelines for school breakfast. <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp> web site. No need to go into detail with the class, but this information should help in answering basic questions that may come up.

Food Group	USDA Guidelines	Serving Size
Breads & cereals	All are whole grain rich. All cereals are reduced in sugar.	Cereal/oatmeal-1 cup Toast-1 piece Bagel-1/2 Pancake/waffle-1 small 6 inch
Fruits & veggies	Offered at least 1 whole cup and served at least ½ cup serving of fruit or vegetable	1 cup
Fat-free or low-fat milk	Flavored and unflavored	1 cup
Sodium content of the average breakfast	540 mg or less for younger children & 640 mg or less for older children	Eggs, lean meats-3 ounces

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CLASS ENGAGEMENT ACTIVITY (~10 minutes)

Activity Overview:

HEALTHY BREAKFAST-FOOD SMARTS ACTIVITY

- A class engagement activity to give children the opportunity to think about what makes up a healthy breakfast.

Material Needed:

- Healthy Breakfast worksheet (1 blank for each child); age appropriate options
- New package of crayons for each child (provided by ARAMARK program leader)
- FOOD SMART Game Flash Cards/Pages

Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (~10 minutes)

FOOD SMART GAME (3-5 minutes)

- **Do:** Tell children about the activity they are going to participate in.

Say: O.K., now we're going to have a little fun together and play the "Healthy Breakfast– Food Smarts" game. And after the game you're each going to have the chance to complete your own healthy breakfast activity sheet.
- **Do:** Describe how the "Healthy Breakfast– Food Smart Game" works.

Say: Here's how it works: When I hold up a picture, I'm going to ask you if you think the food in the picture belongs in a "Healthy Breakfast".

If you think it belongs in a "Healthy Breakfast" you give me the "thumbs-up" (like this!) O.K., let's start (show pictures and have fun with children's reactions).

IMPORTANT NOTE: THIS IS A GREAT OPPORTUNITY TO REINFORCE THAT TREATS ARE FUN AND PERFECTLY FINE TO ENJOY EVERY ONCE AND A WHILE – BUT THAT HEALTHY FOODS SHOULD FILL UP MOST OF OUR PLATES, NOT TREATS!

- **Do:** When you're finished ask the children if anyone got all of them correct?... some of them?congratulate all!

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Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (continued)

Option 1: (ages 6-8)
Create Your Own
Healthy Breakfast
Activity

OR

Option 2: (ages 9-11)
Create Your Own
Healthy Breakfast
Phrases

(~5-8 minutes)

- **Do:** Give each child an opportunity to complete the age appropriate healthy breakfast worksheet. Make sure that side 2 of the educational poster (“The Parts of a Healthy Breakfast”) is on display for the children to reference.

***Say:** O.K. Now we’re all going to have the chance to complete a healthy breakfast worksheet.*

*We’re going to pass around the worksheets and you all get to (**option 1:** create your own healthy breakfast from the foods on the sheet OR **option 2:** make your own healthy breakfast phrases).*

We’ll have about 5-10 minutes, but don’t worry if you need more time you can take the worksheet with you.

*Just remember (**option 1:** create a healthy breakfast that you would like to eat using 3 of the 5 food groups. You can use the poster to help you remember the food groups. OR **option 2:** fill in the blanks to make sentences about a healthy breakfast and then write your own healthy breakfast sentence).*

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HEALTHY BITES – TASTE AND TALK SESSION (~10 minutes)

Activity Overview:

HEALTHY BITES - Breakfast (Taste & Talk)

- An interactive healthy food experience.
- Children get an opportunity to taste healthy breakfast foods and talk about what they like or dislike.
- Chef's or Dietitians serve different types of breakfast foods; Children get to try samples and see which ones they like best.
- Two options to execute for the Taste & Talk portion depending on operational abilities of the facility.

Option 1: Sample Types of Cereal (Material Needed):

- **3-4 different types of individually packaged whole grain breakfast cereals.** (Look for cereals that list whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve the entire single sized cereal box in tact or portion into soufflé cups
- 2-3 large serving trays
- Serving gloves

Option 2: Sample 3 Breakfast Food Groups (Material Needed):

- **1 type of individually packaged whole grain breakfast cereal.** (Look for cereals that list whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve the entire single sized cereal box in tact or portion into soufflé cups
- **1 type of easily sliced/peeled fruit** (apple, banana, orange, strawberries) or individually packaged fruit * Wash and slice all fruits prior to serving
- Small napkins & serving spoons
- 2-3 serving trays
- **1 type of low fat or nonfat flavored yogurt in single serve packages**
- Display container such as a large punch bowl filled with ice to hold the yogurt
- Serving gloves

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Step-by-Step Leader Guide – HEALTHY BITES – Breakfast (~10 minutes)

Healthy Bites
Taste & Talk
(~ 10 minutes)

Option 1: Sample Types of Cereal:

- **Do:**
 - Place cereal boxes or soufflé cups of cereal on serving trays in different tasting stations.
- **Say:** *O.K., now get to try some whole grain cereals. Can anyone tell me which food group they are a part of?*
- **Do:** Ask the children which ones they like while they taste, encourage them to talk amongst themselves and say what they think.

Option 2: Sample 3 Breakfast Food Groups:

- **Do:**
 - Place cereal boxes or soufflé cups of cereal and individual fruit samples on serving trays, as well as individual yogurt samples making different tasting stations.
- **Say:** *O.K., now you get to try some whole grain cereals. Can anyone tell me which food group they are a part of? (wait for response) Good! Can anyone tell me which food group this _____ (insert fruit name) is part of? (wait for response) Great! And last, can anyone tell me which food group this yogurt is from? (wait for response) Awesome job everyone!*
- **Do:** Ask the children which breakfast food they like best while they taste, encourage them to talk amongst themselves and say what they think.

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Program Wrap-up – AWARDING GROWING UP HEALTHY CERTIFICATES

Summary

- Provide each child with a Growing Up Healthy Program Certificate

Material Needed:

- Printed program certificate for each child

Step-by-Step Leader Guide – AWARDING “GRADUATION” CERTIFICATES

- **Do:** Award certificates to all the children

***Say:** You’ve all done such a great job. If you can all line up on your way out the door, I’d like to award you all with a certificate that says that you’ve successfully completed a GROWING UP HEALTHY Program.*

- **Do:** If the individual location decides to provide an appropriate take home gift or prize it would be distributed with the certificates.

***Say:** Thank you all so much; I really enjoyed our time together and I hope you all make your breakfast super healthy!*