



Week 7

Power Up With Breakfast

Relates to these subjects:
Health, PE, Science

Key Outcome:

Students will learn why breakfast is important and how to make healthful choices for this meal.

Empowerment Messages:

- Eating a healthful breakfast makes you more likely to succeed at school.
- Breakfast doesn't need to be cereal or toast. Try other unconventional choices!

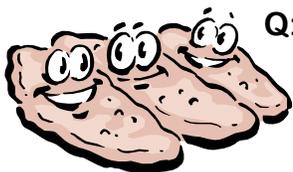
To implement this week's activities:

- Use the activity on page 18 of the Student Activity Book.
- Present information to students as described in the following pages.
- Purchase food and supplies needed for the **EAT SMART** and **PLAY HARD** activities.
- Remind students daily to complete their log of fruits and veggies consumed and time spent in physical activity.
- Send home newsletter issue 5, *Power Panther Pals at Home* (provided).
- Display the poster *Power Up With Breakfast*. Two copies are in the PPP kit.
- Display the poster *Be a Role Model---Eat Breakfast with Kids* in the teacher workroom or in the school office.

This week's fruit and veggie jokes:

Q: What kinds of shoes are made from banana peels?

A: Slippers!



Q: Why didn't the mother potato want her daughter to marry the famous newscaster?

A: Because he was a "common-tater"

EAT SMART – Activities and Materials

Activity Sheet

Work through the following pages in the student activity book:

- *Breakfast Goodies* - page 18 (Manual page 109)

Teacher Information:

Breakfast is an important meal for both adults and children. People who eat breakfast are less likely to be overweight or obese, more likely to consume the recommended amounts of fiber, fruits and vegetables, and are less likely to consume high-calorie snacks. Breakfast is especially important for children because their stomachs are smaller which means that they need to eat more often. Children who do not eat breakfast may go as long as 18 hours without food which can cause problems with fatigue, hunger and inability to concentrate.

Very often, it seems like time determines whether or not a person will eat breakfast. Here are a few time-saving breakfast ideas, and remember that taking 10 minutes to eat breakfast will benefit your body much more than sleeping for those 10 extra minutes:

- Pack a “brown bag breakfast” the night before that you can eat on the way to work/school.
- Grab a quick, portable breakfast. Low-fat yogurt, granola bars, cereal bars and low-fat muffins are all great options.
- Don't forget that fruit is not only a great source of vitamins and fiber, but is also portable:
 - Fresh fruit can be as easy to prepare as wash and eat or slice and eat.
 - There are a number of companies now that make single-serving fruit cups. Make sure to look for the ones that are packed in their own juices (for the least amount of added sugar) and avoid anything packed in heavy syrup!
- Breakfast doesn't have to take a long time to prepare; low-fat milk poured over a fortified cereal makes a great vitamin and mineral packed breakfast. Add some sliced fruit or a glass of orange juice and you've got your first serving of fruit for the day as well.
- If you have picky eaters (or if you are one yourself) who don't like “breakfast foods”, that's okay. Breakfast is important because it gives your body nutrients and fuel to start the day. If that means eating a peanut butter and banana sandwich for breakfast, that's just fine!



EAT SMART – Activities and Materials

Teachers: Students learn many of their behaviors by watching others. Make sure that you are a good role model for your students (some days they may see you more than their own parents):

- Try to eat breakfast every day; if your school has a breakfast program, go to the cafeteria and eat with your students. This is a great time to connect with your students and to reinforce the healthy messages that you are teaching in your classroom.
- Don't drink soda at your desk (if you feel that you have to have soda, put it in a different container with a lid).
- Replace candy on your desk with a healthier mix of nuts, pretzels and dried fruit (try the "Chicken Feed" recipe from last week's lesson).
- Encourage parents to bring healthier snacks for class parties.



Breakfast Banana Split

- Instruct students to wash their hands using soap and water.
- Show students the video segment for the Breakfast Banana Split.
 - Note: to make the portion-size appropriate for a snack, you may wish to make the Breakfast Banana Split with only $\frac{1}{2}$ or $\frac{1}{3}$ of a banana per student.
- You may choose to ask students to bring in a large, clean t-shirt or apron from home to cover their regular school clothes during this activity.
- The recipe is included on page 29 of the Student Activity Book (Manual page 111) so have students don their chef hats, turn to page 29 and get those Kids a Cookin'!



EAT SMART – Activities and Materials

Student Discussion:

- What kinds of foods do you like to eat for breakfast?
- What food groups do your favorite breakfast foods fall under? (some ideas to include: meat & beans group – turkey sausage, eggs and ham; grain group - cereal, toast, waffles, pancakes and muffins; fruit group - bananas and strawberries sprinkled on cereal and a glass of 100% orange juice; vegetable group - peppers and other veggies that might be included in an omelet or a breakfast burrito; milk group - milk on cereal, yogurt and cheese in omelets)

What kinds of things can you do to make sure that you eat breakfast in the morning?

Optional- School-Wide Activity

Start Your Day Off Right... Join the Breakfast Club

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 52.



Optional- School-Wide Activity

Got milk?™ And More

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 42.



EAT SMART – Activities and Materials

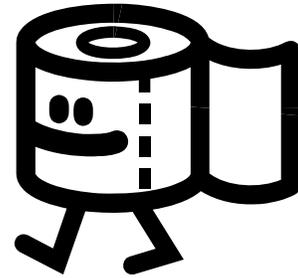
6th Grader Extras

EAT SMART. PLAY HARD. “Squared”

Materials Needed:

A roll of toilet paper

Pass around the roll of toilet paper or bowl of paper clips. Ask everyone to take some; avoid telling why. Talk about previous Power Panther Pals lessons while students take their toilet paper squares. Some ideas for topics include: benefits of physical activity, benefits of eating fruits and vegetables, or favorite activities from other lessons.



Continue talking until the toilet paper roll has gone around the class. By nature, some students will take more squares than others. Have them count their toilet paper squares. For each square they take, students have to tell one thing they have already learned about themselves and about staying healthy since they started Power Panther Pals. Encourage the students *not* to repeat. Any personal observations count as something they've learned.

Student Discussion:

- Would you have taken a different number of squares if you had known what we would use them for? More? Less? Why?
- Why didn't everyone take the same amount of squares? **Everyone sees things in different ways because peoples' needs are different.**



PLAY HARD – Activities and Materials

Teacher Information:

Stretching is an important part of physical activity. A warm-up that includes a safe stretching routine not only helps to prepare your body for activity, but it also is a great way to improve flexibility and decrease the chance of injury. It is also a good idea to stretch at the end of your cool-down; stretching after your cool-down helps improve flexibility and, in combination with a cool-down, can help reduce muscle soreness. The best and most effective way to stretch is to do about 5 minutes of light-intensity activity like walking before you begin stretching. By doing a short warm-up before you stretch, you ensure that the muscles have begun to warm and that blood flow to the muscles has increased. This allows the muscle to safely lengthen during the stretch and decreases your risk of injury.



When you stretch, go until you feel a stretch in the muscle (don't push yourself until it hurts... this increases your risk of injury), make sure to hold the stretch for 10-15 seconds and **DON'T BOUNCE** during the stretch. Obviously you will want to spend more time stretching the muscles that you will be using most during your activity, but don't forget to stretch your body's major muscle groups. For example if you are going for a walk or a jog, you will want to spend more time stretching your lower body, but don't forget to stretch your shoulders and back... you'll use those muscles too!

Some people use stretching as a way to relax. Think about the last time you sat at your desk for a long period of time. No doubt that once in a while you felt the need to get up and stretch to relieve some tension. Yoga is a type of exercise that combines stretching and strength moves with meditation. Many people find that the combination of stretching and meditation is a great opportunity to relax and de-stress after a long day.

You may choose to ask your physical education teacher come and demonstrate different types of stretches to your class. They may even be able to show you some basic yoga poses!

Student Discussion:

Why is it important to stretch before physical activity? (It decreases your chance of injury and can help to increase your level of flexibility.)

Do you play a sport? Participate in physical education classes? What kinds of stretches do you do before you start activity? Do you have a favorite stretch? Would you like to share it with the class?



PLAY HARD – Activities and Materials

PE Activity

Mix it Up!

Materials needed: Whistle (optional)



Students should be scattered around the room. The facilitator blows the whistle (or claps) “X” number of times. The students must get into groups that match the number of times the whistle has blown (i.e. three claps means three people per group).

Students who are in groups should march in place until the next number is given. Anyone not in a group of the correct number within 10 seconds must go to the side of the room and do “X” number of push-ups, jumping jacks or another physical activity of your choice. Once the student has done “X” number of the designated physical activity, he/she can return to the game.

Optional- PE Activity

Runner’s Stretch

Materials needed: Wall space

Stand facing a wall, with toes touching the wall. Place hands on the wall in push-up position. Take a step backward with one leg, keeping the heel on the ground. Keep stepping backward with the one leg, one small step at a time, until the heel starts to leave the floor. The leg that is not being stretched may bend slightly at the knee. How far can you get from the wall? Stretch the heel down slowly and hold for 20 seconds. Next do the other leg. This is a good stretch for the lower calf muscle and the Achilles tendon.

Optional – PE Activity

Walk with the Principal

For complete instructions, refer to the enclosed *Popular Team Nutrition Events* idea book, page 26.



PLAY HARD – Activities and Materials

6th Grader Extras

Dance Snack Calories Away!

Materials Needed:

Open space to move

A radio with music (slower and faster-beat options)

Start with 2 or 3 minutes of slow music to warm up muscles. You may choose to have one or two students lead the class in a few different stretches to complete their warm up. Turn up the beat for 10 minutes of fast dancing. Student teams could also work to create their own dances and then demonstrate/teach the dances to other students as a part of this activity. Cool down with slower dancing.



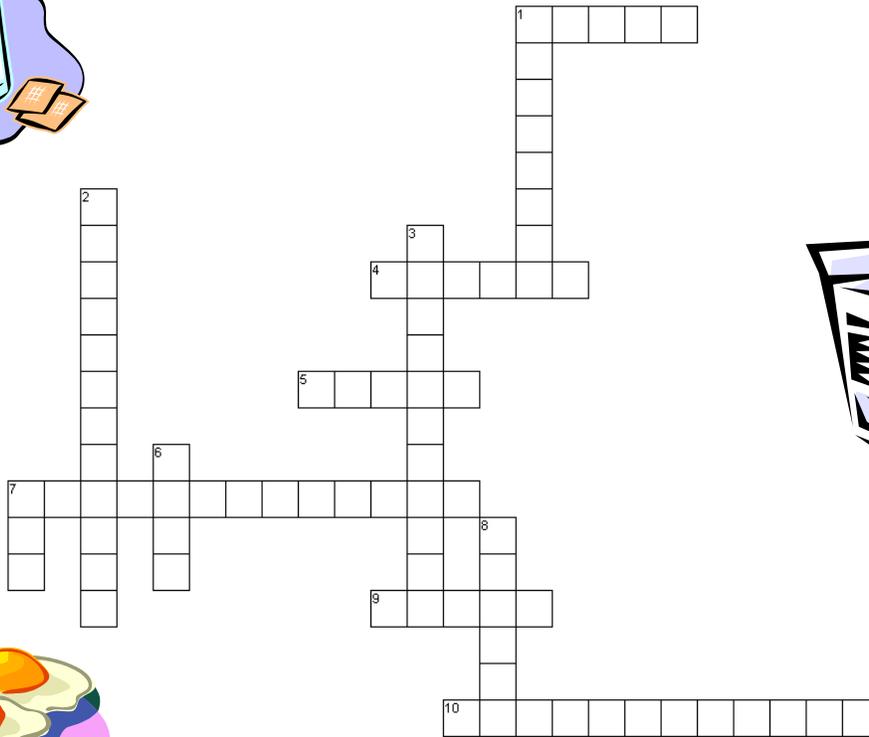
Student Discussion:



- With 10 minutes of fast dancing, do you think you used up the food energy (calories) from a candy bar or bag of chips? If not, how much longer do you think you'll have to dance? (A candy bar has around 250 calories and a 1.5 oz bag of chips has about 220 calories. Ten minutes of fast dancing can use about 50-60 calories depending on how fast you move. Depending on your size, slow dancing uses up about 20 calories in ten minutes.)
- How long will you need to do fast dancing (no stopping) to use up the food energy (calories) from your favorite fast-food meal? How about slow dancing? (Nutrition facts for most fast food items can be found on the restaurant's website. You may choose to re-use the nutrition facts from last week's EAT SMART. 6th Grader Extra activity.)
- What else besides dancing can you do to move more and use up calories from snacks?



Breakfast Goodies



Use these clues to solve the crossword puzzle above.

Across

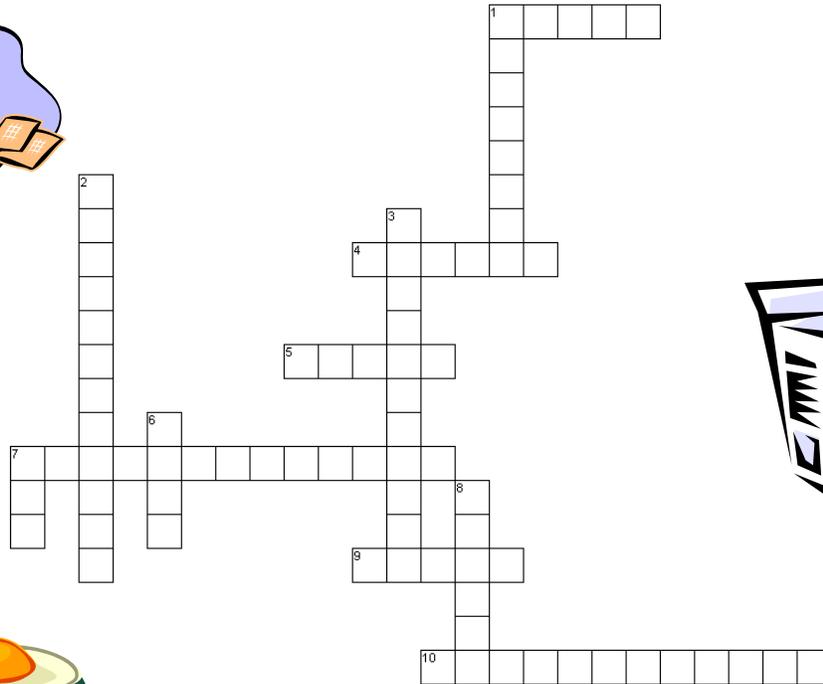
1. Try this food from the grain group made from rye, wheat or oats.
4. A good source of fiber and vitamins, this food from the grain group can be served hot or cold.
5. Try many varieties of this breakfast food; fresh or frozen varieties are best.
7. These can be used to make a breakfast pizza, or a cheese sandwich (2).
9. Round, with a hole in the middle, these can be plain or flavored.
10. A good source of protein, this breakfast food goes well with jelly (2).

Down

1. Round and flat, these are often served with black beans and melted cheese.
2. You'll get calcium from this dairy product that includes enzymes (2).
3. This food might be "left-over" from supper, try it warm or cold (2).
6. This dairy food is pasteurized, homogenized and refrigerated.
7. Best for you when eaten boiled, poached or scrambled in a non-stick pan.
8. The best choices of this dairy food are low-fat varieties.



Breakfast Goodies – Answer Key



Use these clues to solve the crossword puzzle above.

Across

1. Try this food from the grain group made from rye, wheat or oats. **Toast**

4. A good source of fiber and vitamins, this food from the grain group can be served hot or cold. **Cereal**

5. Try many varieties of this breakfast food; fresh or frozen varieties are best. **Fruit**

7. These can be used to make a breakfast pizza, or a cheese sandwich (2). **English muffin**

9. Round, with a hole in the middle, these can be plain or flavored. **Bagel**

10. A good source of protein, this breakfast food goes well with jelly (2). **Peanut Butter**

Down

1. Round and flat, these are often served with black beans and melted cheese. **Tortilla**

2. You'll get calcium from this dairy product that includes enzymes (2). **Yogurt**

3. This food might be "left-over" from supper, try it warm or cold (2). **Veggie Pizza**

6. This dairy food is pasteurized, homogenized and refrigerated. **Milk**

7. Best for you when eaten boiled, poached or scrambled in a non-stick pan. **Egg**

8. The best choices of this dairy food are low-fat varieties. **Cheese**



Teacher's Notes