

These lessons are designed to be FUN, EDUCATIONAL, and ACTIVE. We want to give you a chance to get active as families and help you learn more about health, fitness, and nutrition along the way. Today we are going to talk about the importance of eating breakfast.

**ACTIVE Intro Ice Breaker: I am Seeking Common Ground**

- Group sits in a circle of chairs with one person standing in the middle (no empty chairs).
- The person in the middle says. I seek common ground with (mention something you like: food, color, etc.)
- Anyone who has it in common with you, including the person asking the question, must get up and run across the circle to find a new seat. You can't take the seat of the person next to you.
- There will be one person left in the middle who must ask the next question.

**ACTIVE Warm Up**

- Everyone should line up and walk around your space 4 times. If you don't have a big space, you can also march/ jog in place for 2 min.
- **Do any additional warm ups needed to prepare yourselves for physical activity.**

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**Rock-Paper-Scissors Tag 2 scarves or small towels**

- There are two taggers, each with a scarf or small towel
- When the leader starts the game, everyone begins to walk quickly around and tries to avoid being tagged
- If you are tagged, you must stop walking and have a rock-paper-scissor standoff with the tagger. If you win, you are free and that tagger cannot tag you again without tagging someone else first. If you lose, you must go through the gauntlet (obstacle course or set of exercises) and then defeat the leader in a rock-paper-scissors showdown before you re-enter the game (gauntlet: set up an obstacle course they have to complete. Your Choice!)
- If you lose against the leader, you have to do the gauntlet again and repeat the battle (repeat this process until you beat the leader)

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**ACTIVE Nutrition: Breakfast**

Breakfast is the most important meal of the day.

Why?

- You likely haven't eaten anything in 10-12 hours and your body needs the good nutrition to start the day off right; you are, after all, "breaking a fast".
- Breakfast jump starts your metabolism. If your body is used to going for hours without food, it is trained to store fat in order to not starve. However, if your body is used to getting food every morning, it will not need to store your dinner as fat.
- Eating a healthy breakfast gives you sustained energy and nutrients necessary for excellent mental focus and brain function. It is much healthier to eat a nutritious breakfast than to drink a bunch of caffeine drinks to stay awake.
- People who eat breakfast tend to eat less throughout the day. People who skip breakfast are much more likely to overeat, leading to excess calorie intake and weight gain.

Who ate breakfast this morning? What did you have? High sugar foods that many people often associate with breakfast (doughnuts, croissants, pastries, scones, syrup, etc.) can lead to a mid-morning energy crash. Healthy choices will help you feel great all morning long.

- Whole-wheat pancakes topped with fruit • Cheese slices melted on whole-wheat toast, 100%
- Low-fat yogurt with granola fruit juice
- One poached egg, whole-wheat toast, ½ grapefruit • Raisins and honey on oatmeal
- Blueberry mini bagel with light cream cheese,<sup>1</sup> • Whole grain cereal with berries and milk banana
- Also, don't forget other foods that we may not think of at breakfast.
- Leftover spaghetti • Peanut butter and jelly
- Cold pizza • Turkey sandwich
- Vegetable stir-fry

Almost all of the items mentioned are easy for kids to make if parents are pressed for time. On the other hand, breakfast is a great meal to enjoy together as a family if afternoon and evening activities make it difficult to dine together regularly.

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### ACTIVE Games

#### Groovin' Grains

- The leader will call out a movement and a type of grain, and demonstrate the movement so everyone can copy.
  - Rockin' rice (sit down and rock back and forth)
  - Twistin' tortillas (twist arms back and forth)
  - Climbing chips (simulate climbing a tree)
  - Clapping cereal (clapping in a big circle that requires you to squat down)
  - Bouncing bread (tuck arms and do mini squats)
  - Pedaling pasta (bicycle climbers)
- OPTION: The leader can then create a story with the grains that has the participants do the exercise when they hear the grain.

#### What's in your Cereal?

- The leader calls out ingredients that can be found in cereal
  - For healthy ingredients like whole grains, protein, fiber, bran, oats, or dried fruit, you will quickly skip, jog, or jump in place
  - For the non-healthy ingredients like sugar, high fructose corn syrup, artificial flavoring, dye color, soybean oil, or wheat rice, you will lunge or walk slowly in place
  - The leader must let everyone know whether the ingredient was healthy or not after about 5 seconds
- \*You can keep score or choose not to

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### ACTIVE Cool Down and Mission

- **Lead** the group in walking 2 laps and light stretching while reviewing the nutrition lesson by asking them several questions about it.