

# Breakfast Stack

## Activity Synopsis

After discussing why breakfast is important and foods they usually eat for breakfast, students review nutritious breakfast examples that include traditional and non-traditional breakfast foods. They learn a breakfast rap and create a Five-Food-Group "breakfast stack."

## Activity Outcomes

Students will be able to:

- Identify nutritious foods that they can eat for breakfast
- State that breakfast gives us energy and helps us do our best
- Identify nutritious, non-traditional foods they can eat for breakfast
- Read time on a clock and relate it to the time of day
- Learn and recite a simple rap

## What You Need

- ▶ Clock or clock face drawn on the board set to 7 o'clock
- ▶ Bell or alarm clock
- ▶ Write the breakfast examples from Step 4 on the board
- ▶ "Breakfast Stack" blackline master – 1 per student
- ▶ Optional: Write the first stanza of the "Breakfast Stack Rap" on the board or a flip chart (See Step 5)
- ▶ Optional: Colored chalk

1. Turn out the lights.



Generate a list of what students do to get ready for school; eventually focus on breakfast.

## What to Do

### DO:

Have students put their heads on their desks and pretend they just went to bed for the night.

- After a minute or so, ring the bell or alarm and tell them it's time for school.
- When they raise their heads, point out the clock.

### ASK:

- What time does the clock show?
- Should it be a.m. or p.m.? How do you know?

**DO:** Record responses on the board.

- Turn off alarm clock
- Take a shower
- Get dressed
- Eat a bowl of cereal



2. Take a quick poll.



### DO:

Have students stand and:

- Hop in place on their right foot if they ate breakfast today.
- Hop in place on their left foot if they didn't eat breakfast
- Tap their heads and stomp their feet if they think eating breakfast is important.

Make some observations about their responses to the poll.

### ASK:

- **Why did I have you tap your head if you think eating breakfast is important?**  
*Because breakfast help us get ready to learn. It helps us think and pay attention so we can do our best.*
- **Why did I have you stomp your feet if you think breakfast is important?**  
*Because breakfast gives us the energy we need to start our day. It also helps us get through the morning so we are not hungry until snack (or lunch time).*

# Activity

# Breakfast Stack continued

3. Generate a list of foods that students usually eat for breakfast and list them on the board. Decide whether the foods listed are nutritious and how they know. Make some observations about the list and categorize a few examples into the Five Food Groups.

4. Discuss the following questions to help students think beyond traditional breakfast foods:



5. Practice identifying nutritious breakfast foods by reciting the "Breakfast Stack Rap" and creating a "breakfast stack." A stack is a column of nutritious foods drawn one on top of the other.



## ASK:

- What do you eat for breakfast?
- How do you know if these are nutritious breakfast foods? *Nutritious breakfast foods come from the Five Food Groups.*

## ASK:

- Do the foods that we eat for breakfast always need to be "breakfast foods," like pancakes, eggs or cereal? *No. We can eat any foods for breakfast as long as they are healthy foods from the Five Food Groups.*
- Would a glass of milk, leftover chicken and mashed potatoes from last night's dinner be okay for breakfast? *Why? Because these foods are from the Five Food Groups. Milk from the Milk Group; chicken from the Meat Group; potatoes from the Vegetable Group.*
- What about a piece of cheese, some crackers and an apple? *These are also foods from the Five Food Groups. Cheese from the Milk Group; crackers from the Grain Group; apple from the Fruit Group.*
- Do you usually eat mashed potatoes and chicken for breakfast? *No.*
- How about cheese and crackers with an apple? *No. But we don't always have to eat "breakfast foods."*
- How about potato chips and a soda? *These foods are not Five Food Group foods. They don't give us what we need to work, play and learn.*

Practice the first stanza of the rap with students

## ASK:

- Who can think of a food from the Milk Group that would be good for breakfast? Have the student who named the food come up and draw it near the bottom of the chalkboard. Optional: Use colored chalk. As a class, recite the "Breakfast Stack Rap," filling in the name of the food just drawn.

"What is on the Breakfast Stack?  
Look at the Breakfast Stack!  
Yogurt \_\_\_\_\_ from the Milk Group,  
Sitting on the Breakfast Stack



# Activity

# Breakfast Stack continued

6. Next, ask someone to name a food from the Meat Group and draw it on top of the Milk Group food.

### ASK:

Who can think of a food from the Meat Group that would be good for breakfast?

**DO:** Recite the "Breakfast Stack Rap," adding a new line.

7. Continue, adding a food from the Vegetable Group, then the Fruit Group and then the Grain Group. After each food is drawn, recite the Breakfast Stack Rap, adding a line for each food group and food.

"What is on the Breakfast Stack?  
Look at the Breakfast Stack!  
Yogurt from the Milk Group,  
Peanut butter from the Meat Group,  
Sitting on the Breakfast Stack  
Carrots from the Vegetable Group,  
Sitting on the Breakfast Stack

8. Distribute the "My Breakfast Stack" worksheets and review the directions.

### DO:

Have students draw their own Breakfast Stack.

When students are done, have them describe it to their neighbor or do the Breakfast Rap again using students' Breakfast Stacks.



**My Breakfast Stack**

**Directions:**

- Draw a breakfast food you can eat from the Milk Group.
- Draw a food you can eat for breakfast from the Meat Group on top of your Milk Group food.
- Continue with the Vegetable, Fruit and Grain Groups.

Name: \_\_\_\_\_

\_\_\_\_\_ Grain Group

\_\_\_\_\_ Fruit Group

\_\_\_\_\_ Vegetable Group

\_\_\_\_\_ Meat Group

\_\_\_\_\_ Milk Group

## Optional

- Order FREE copies of Dairy Council's® **Eat the Five Food Group Way!**® handout to use with this lesson at [www.NewEnglandDairyCouncil.org](http://www.NewEnglandDairyCouncil.org)

Click on "Catalog" OR, download it at [www.NutritionExplorations.org](http://www.NutritionExplorations.org) > Educators > Nutrition Lessons > Five Food Group Way > Downloadable Materials.



# My Breakfast Stack

## Directions:

- Draw a breakfast food you can eat from the Milk Group.
- Draw a food you can eat for breakfast from the Meat Group on top of your Milk Group food.
- Continue with the Vegetable, Fruit and Grain Groups.

Name: \_\_\_\_\_

Grain Group

Fruit Group

Vegetable Group

Meat Group

Milk Group

