



Oliver's team talk

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Teach! TEACHERS' CORNER

Breakfast provides children with the energy they need to listen and learn in school, but ask for a show of hands at how many of your kids ate a healthy breakfast and you'd be surprised at how many "just don't have the time."

A well-balanced breakfast usually includes whole grains, fruit, low-fat dairy and a protein like eggs or peanut butter and can usually be eaten on the go. Sugary cereals or donuts don't provide lasting energy and aren't as good of a choice as a piece of fruit with yogurt or toast with peanut butter. Talk about good breakfast choices and use the handout below to get your class thinking about best ways to start their day.
http://classroom.kidshealth.org/classroom/3to5/persona/nutrition/breakfast_handout1.pdf

Excite! READY, SET, GO!

The Breakfast Club

Start a Breakfast Club in your school; all children have to do to join is eat breakfast. Teachers can work with students to create Breakfast Club Charts to record the number of days a month each child eats breakfast whether it be at school or at home. By incorporating the breakfast chart into the morning classroom routine, teachers will be giving students a constant reminder about the importance of breakfast. At the end of the month, the student in each class with the most consistent breakfast consumption can be presented with an award. Why not reward that student by letting him/her read the School Breakfast menu over the PA?

Activate! MAKE YOUR MOVE

Breakfast Building Relay

Cut out picture of breakfast foods, or use food model cards. Distribute the food pictures at a variety of stations around the room. At each student's desk, place a paper plate or a paper circle to represent a plate. When the teacher says "go," students will move around the room using different activities such as hopping, skipping, or jumping and choose a food to place on their breakfast plate. Continue the activity until students have built a healthy menu.

Motivate! SPREAD THE WORD

Be a role model for your kids and eat breakfast every day. Try these fast and healthy ideas:

- A slice of whole grain toast topped with peanut butter and apple slices
- Low-fat vanilla or plain yogurt topped with whole grain cereal or granola and fresh fruit
- A low-sugar granola bar with a glass of low fat milk
- Scrambled eggs and cheese rolled in a whole wheat tortilla
- Whole grain cereal with low fat milk and a small glass of 100% orange juice

Make **HEALTHY CHOICES** for Life!