

LESSON PLAN - Youth

Educator Name: _____ Date: _____

Name of Lesson: **Power Up the Day (Fast Breaks to B.R.E.A.K.F.A.S.T)**

Review Last Lesson/ Ask Open-Ended Questions:

What healthy food choices have you made since our last meeting?

Objectives: *What do you want your participants to know by the end of this lesson?*

- Youth will identify some of the benefits of eating breakfast
- Youth will identify new foods they can eat for breakfast.
- Youth will list foods they can eat for breakfast and physical activities they can do that begin with the letters in the word “breakfast.”
- Youth will practice working cooperatively while using game strategies to encourage movement and activity.
- Youth will identify safe food handling practices.

ANCHOR: *Anchor the topic in your participants’ lives first. Tap into their experiences and what they already know. Relate it to the topic you are about to teach. Participants should work with a partner*

How does eating breakfast help you?

● *Explain to the group that today they will be learning about how eating breakfast helps them start their day off right. Instruct them to stand if they believe the statement is true or to sit down if they believe the statement is false.*

Eating breakfast will help me...

- | | |
|--------------------------------|--|
| ● Have energy to start the day | ● Make my hair turn green |
| ● Be sleepy and tired | ● Not feel hungry and achy in the morning |
| ● Be alert and ready to learn | ● Get a bad grade on my test |
| | ● Get some of the foods my body needs to grow. |

ADD: *Add the information, content or skills related to the lesson. This is the time when you, the educator, do a short amount of talking/demonstrating what you want your learners to know.*

Divide the group into four teams. Assign each team a food group from the Food Guide Pyramid and have them work together to a list a variety of foods they can eat for breakfast from their assigned food their assigned food group.

- ◆ Eating breakfast is important because it give us the energy we need to start the day off right.
- ◆ Breakfast does not have to include traditional breakfast such as toast with jelly or cereal with milk. Some Countries eat tortillas and refried bean or scrambled eggs with rice.
- ◆ Eating breakfast everyday and being active every day are important choices we make to help keep us healthy and strong and perform our best.

APPLY: Allow the participants to apply what they just learned through learning tasks – have them work in pairs or small groups to DO something together (comparing labels, role playing, planning menus, etc.). Include 2-3 learning tasks for your participants

◀ Distribute copies of the “Fast Breaks to **B.R.E.A.K.F.A.S.T** hand out pens or pencils Have the group work together to brainstorm the names of at least two foods they can eat for breakfast that begin with each of the letters in word” breakfast.”

- for example- **B=bagels, bananas, bread sticks R=raisins, rice cakes, rolls, E= egg, enchilada, A= apple, American cheese, K= kidney beans, Kiwi fruit, F= feta cheese, farina, fried rice, A= Apricots, almonds, S= syrup, spaghetti, T= toast, tomato, taco, tuna sandwich**
- encourage the kids to post their “Fast Breaks to **B.R.E.A.K.F.A.S.T**” on their refrigerators to help remind them of foods they can eat for breakfast and activities they can do, too.

● **The food safety Zone: Keep Food Safe to eat means keeping germs out of food. Follow these simple rules for keeping germs away: Clean:** Wash your hands and all surfaces before, during and after preparing meals.

Food Activity: Graham Cracker Scam or Fruity Milkshake

Physical Activity: Toss and catch bean bags

AWAY: Allow participants to think about what they will do with the information they learned today. Ask open-ended questions and allow them to reflect on what they will DO with the information.

Why is it a good idea to start the day by eating breakfast?

How does eating breakfast help you start your day off right?

Successes experienced by this group or a participant so far...

Name of next lesson and Reminders:

Celebration

Cornell sign

Kid Pyramid

Certificates

Food preparation Ingredients