

# Grades 3-6 Educator's Guide

## Kids' Topic 23: Shake Up Your Wake Up



**Captivate**



**Educate**



**Activate**

Session 1  
**Breakfast Basics**

**Mornings with the *fit* Friends**

- Read aloud what each *fit* friend does for his or her morning routine.
- Compare students' breakfast choices with those of the *fit* friends.

**Breakfast for Beginners**

- Breakfast is called the most important meal for a reason! Explain why breakfast is a must.
  - Breakfast kick starts the body.
  - Breakfast gives you energy.
  - Breakfast improves memory.
  - Breakfast helps with concentration.

**Bite into Breakfast**

- Ask students to plan their breakfast.
- Use the **Breakfast Builder** handout to write or draw about what they will eat the next morning.

Session 2  
**Breakfast Benefits**

**Breakfast Poll**

- Poll students to see how many of them ate breakfast this morning.
- Discuss whether they ate the breakfast they planned.

**Eat a Better Breakfast.**

- Explain that, although eating anything for breakfast is good, eating a healthy breakfast is always better!
- A healthy breakfast gives you energy all day long, helps improve problem solving skills, and increases strength.

**Make a Switch**

- Ask students to make at least one small change to their breakfasts. It can be big or small, but try to make it a healthy change.
- Use the **Breakfast Makeover** handout to help students plan what they will change about their breakfast.

Session 3  
**Healthy Breakfasts**

**Bright-Eyed and Bushy-Tailed**

- Read about Nibbles the squirrel's breakfast adventure. See if Nibbles chooses a healthy breakfast!

**My Breakfast**

- Explain that a healthy breakfast contains all five parts of MyPlate.
- Students can easily incorporate all five parts with individual foods.
- Students can also check off multiple parts with certain choices. For example, most cereal allows you to check off dairy and grains!

**MyPlate Breakfast Poster**

- As a class, brainstorm breakfast foods.
- Keep track by organizing the foods on the **MyPlate** handout.
- Hang a copy up in the classroom, cafeteria, or send them home for students to hang in the kitchen.

Session 4  
**Breakfast Barriers**

**Alex's Breakfast Blues**

- Read aloud Alex's breakfast story.
- Compare and contrast the choices Alex made each night and the following mornings.
- How did Alex's choice influence his breakfast?

**Problem? Solution!**

- Read through the common breakfast problems like no time, no appetite, and no breakfast foods.
- Discuss whether students face these problems and what breakfast solutions they can come up with.

**Breakfast Barriers**

- Encourage students to go home and talk to an adult about what holds them back from eating the healthiest breakfast possible.
- Ask students to brainstorm their own personal breakfast solutions.

Session 5  
**5 Star Breakfast**

**Breakfast Ratings**

- Remind students of the captivate from Session 1.
- Rate each *fit* friend's breakfast based on MyPlate. For each category the friends eat, give them one star.
- Discuss who had the best breakfast and who best resembles the students.

**Have Your Best Breakfast**

- Remind students to use MyPlate when planning breakfast.
- Summarize what students have learned with this topic:
  - Breakfast jump starts your day, it helps with memory and concentration.
  - Choose food categories from MyPlate for a healthy breakfast. Be creative!

**Be a Breakfast Boss**

- Ask students to plan their breakfast choices for next week using the **Breakfast Checklist** handout.
- Have students write what foods they would like to eat in the boxes on the bottom and check off each category they eat in the morning.

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## Kids' Topic 23: Shake Up Your Wake Up



**Prior Knowledge:** FOOD is fuel to power the body and brain. The best fuel is healthy food such as fruits, vegetables, water, and milk. Mornings are the perfect time to kick start the body and get necessary nutrients. Students will learn how eating a good breakfast can help them be healthy, *fit* kids.

- Objectives:** Students will be able to:
- Identify energy and concentration as benefits of eating breakfast.
  - Identify obstacles to eating a healthy breakfast.
  - Choose healthy breakfast options using MyPlate categories.

### Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** What does breakfast do for you? (*Breakfast fuels your body and helps you be your best.*)  
**Session 2:** Why is eating a healthy breakfast important? (*A healthy breakfast give you more energy, more concentration, and can improve problem solving skills and strength.*)  
**Session 3:** What foods will you choose for a healthy breakfast? (*Listen for examples of healthy breakfast options.*)  
**Session 4:** What can you do to make sure you eat a healthy breakfast? (*Listen for examples of breakfast solutions.*)  
**Session 5:** What can you do to make your breakfast better? (*Listen for examples of breakfast solutions and eating healthy foods.*)

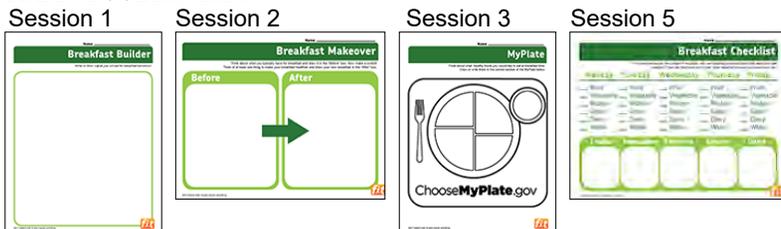
### National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will demonstrate the ability to access valid information, products, and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

### Common Core Alignment

ELA/Literacy	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8	
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RI.4.9 RL.4.3 RL.4.9	RI.5.9 RL.5.1	

### Student Materials:



### fit Tip:

About 58% of Americans do not eat breakfast. Beat the stats! Make a *fit* choice and fuel your body with a 5-star breakfast.

**Family Message:** Your child knows FOOD is fuel for their body and brain, and that choosing fruits, vegetables, protein, whole grains, milk, and water are healthy food choices. They are learning that choosing a healthy breakfast is just as important as choosing healthy foods at other meals.

Learn more about *fit* and healthy foods on [fit.webmd.com](http://fit.webmd.com) and [webmd.com/parenting/raising-fit-kids](http://webmd.com/parenting/raising-fit-kids).

### Related fit Links from fit.webmd.com

#### Quizzes:

[Is Your Snack Supersized?](#)

[Games: to Survive an Attack of the Mega Portions](#)

[MyPlate Blast Off Game](#)

#### Articles and Activities:

- [Make Your Plate Puzzle](#)
- [Portion Size Guide for Your Wallet](#)
- [Portion Size Guide](#)
- [Healthy Foods Chart](#)
- [How Much to Feed Kids 4 to 8](#)
- [Portion Distortion: Drink Sizes](#)

