

My Breakfast Moves

Introduction: The student(s) will learn about the importance of a healthy breakfast and create a dance about how their favorite healthy breakfast makes them feel. This activity can be done with multiple students.

Instructions:

- 1) Watch the video as an introduction to the activity.
- 2) Provide some background information found below about the importance of a healthy breakfast.

Background information: Breakfast is an important meal. Growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for as long as eighteen hours without food, and this period of semi-starvation can create many physical, intellectual, and behavioral problems. Breakfast eaters can concentrate better, have better attendance, are less irritable and fatigued, and have better control of their weight. Skipping breakfast is associated with increased body weight. "Go" foods refer to nutritious foods which give the body the energy to go and grow. "Slow" foods refer to foods high in fat and added sugar, which can slow the body down.

(i) **Healthy ("Go") Breakfast Foods and Drinks:**

- chicken or turkey sausage
- beans
- oatmeal with skim or low-fat milk and honey
- whole grain (brown) bread or toast
- cream of rice or wheat with water and honey
- skim or low-fat yogurt, cheese, and milk
- bananas
- peaches
- spinach or veggie omelets
- scrambled eggs
- berry whole wheat or buckwheat pancakes
- 100% orange juice or other natural fruit juices
- whole-grain cereals like Cheerios and Wheaties with bananas or blueberries
- fruit smoothies
- hard-boiled eggs
- low-fat granola or granola bars
- water

(ii) **Less Healthy ("Slow") Breakfast Foods and Drinks:**

- Doughnuts
- Danishes
- high-sugar cereals like Lucky Charms and Frosted Flakes
- pork sausage or bacon
- white bread or toast
- high-sugar fruit juices like Kool-Aid and Hawaiian Punch
- home fries (fried in oil or with butter)
- coffee cake
- white flour pancakes with syrup

Activity for single student & teacher

Steps:

Ask the student why we eat breakfast (*to give our bodies the energy to learn and play*).

Ask the student how they feel when they skip breakfast (*tired, hungry, weak, distracted*). Ask the student if they like feeling this way.

Tell them foods high in added sugar (such as doughnuts and high-sugar cereals) and foods high in fat (such as pork bacon) are not the healthiest options and should not be eaten often because they can slow our bodies down.

Tell the student he/she is going to create a "Food Dance." Ask the student pick 5 of their favorite, healthy breakfast food, and to think how eating it makes them feel. Then have them think of a movement to show that feeling (some movement ideas: to show "full," rub your tummy; to show "happy," twirl around; to show "refreshed," stretch your arms high above your head; to show "fast," pump your arms).

Perform the food dance activity with the student. The teacher can also incorporate their five favorite healthy breakfast foods and alternate with the student as they perform the food dance. The first person starts and the next person should repeat your food and movement, and then say and perform her or his own, and so on until the last person, who must repeat all that came before her or him.

Have the student write a short script with the name of each food item, the move used to represent it and the feeling it represents (ex: A banana, makes me feel "full", rub tummy).

Submit this script to receive your FunBucks.

Activity for multiple students

Steps:

Gather all students in a circle.

Ask the students why we eat breakfast (*to give our bodies the energy to learn and play*).

Ask them how they feel when they skip breakfast (*tired, hungry, weak, distracted*). Ask them if they like feeling this way.

Tell them foods high in added sugar (such as doughnuts and high-sugar cereals) and foods high in fat (such as pork bacon) are not the healthiest options and should not be eaten often because they can slow our bodies down.

Tell the students they are going to create a "Food Dance." Tell them they will each say the name of their favorite healthy breakfast food while they do their movement (depending on the number of students, if needed you can go around the circle two or three times while student name a different item of their choice each time to prolong the activity).

You should give the first example. You can say the word "blueberries" as you jump up and down to show "excited."

The next student should repeat your food and movement, and then say and perform her or his own, and so on until the last student, who must repeat all that came before her or him.

Have each student write a short script with the name of each food item, the move used to represent it and the feeling it represents (ex: A banana, makes me feel "full", rub tummy).

Submit this script to receive your FunBucks.

Notes for single and multiple students

Make your way around the circle. Have the group imitate each student after her or his turn. If a student names a food or drink high in fat or added sugar, gently guide her or him to think of a healthier choice.

If a student names a food or drink high in added sugar or fat, gently guide her or him to think of a healthier choice.

Review the foods mentioned and reinforce the importance of eating a healthy breakfast every day.