

Week 5 Overview: Building a Better Breakfast and Spectacular Snacks

Why is breakfast an important meal?

- Did you know the word “breakfast” means to break the fast? A “fast” is when we do not eat or drink for a period of time. Each night we go 7-10 hours without food or drink, and we break that fast with breakfast.
- Our bodies work even when they are asleep, using energy and requiring nutrients during that time.
- How do you feel when you skip breakfast? Probably not great, so you can understand why eating a nutritious breakfast is important.
- A nutritious breakfast is one that has at least one item from at least three groups.

Why do we need snacks?

- They help to keep our energy level up during the day, and its important that we eat a small snack that is nutritious.
- Here are some examples of healthy snack options from each of the food groups
 - Dairy = string cheese
 - Protein = hard-boiled egg
 - Vegetable = baby carrots
 - Fruit = 1 apple
 - Grain = popped popcorn
 - Fats = small handful of almonds

What to expect this week:

- Recipe: Trail Mix
- Activity: Make a Meal Plan



WEEK 5 RECIPE

TRAIL MIX

INGREDIENTS

- 2 TBSP CHEERIOS
- 1/4 CUP PRETZEL TWISTS
- 2 TBSP WHOLE GRAIN CHEDDAR GOLDFISH
- 1 TBSP CHOCOLATE CHIPS
- 1 TBSP RAISINS
- 1 TBSP SUNFLOWER OR PUMPKIN SEEDS

DIRECTIONS

1. COMBINE ALL INGREDIENTS IN A BOWL
2. SERVE IN PLASTIC BAGGIES AND ENJOY!

MATERIALS

- MEASURING SPOONS AND CUPS
- SMALL BOWLS (FOR INGREDIENTS)
- PLASTIC SNACK-SIZE BAGGIES



Week 5 Activity: Make a Meal Plan

Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

Supplies Needed:

- Crayons/markers

Directions: List ideas for meals with at least 3 food groups. An example is included to get you started. Can you find ways to include more food groups at each meal?

	Food Group 1	Food Group 2	Food Group 3
Breakfast Example	Scrambled eggs	Whole wheat toast	Fruit
Lunch			
Dinner			
Breakfast			
Lunch			
Dinner			
Breakfast			
Lunch			
Dinner			