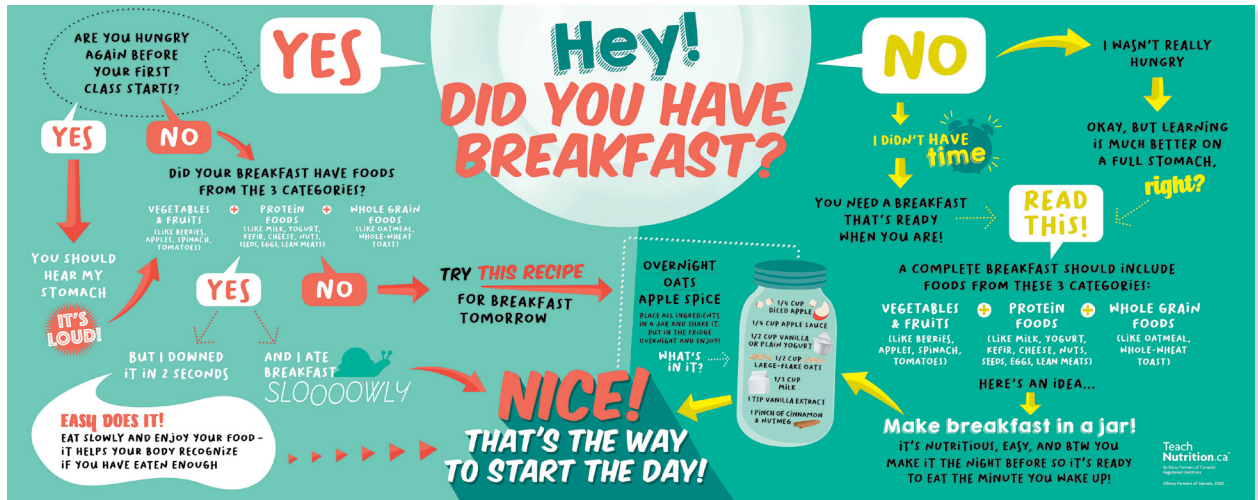


# BREAKFAST POSTER

A flowchart designed to help students learn about the importance of breakfast.



## HOW TO USE IT?

### STEP 1

Display the poster in your classroom or project it digitally and ask your students to follow the questions and answers in the flowchart, starting with the question “Hey! Did you have breakfast?”.

### STEP 2

Follow this with a discussion about the importance of breakfast, using information below as a guide.

After sleeping all night, students need to replenish their energy reserves. Breakfast breaks the night’s fast and provides students with nutrients to put their bodies back in “on” mode. Once they have refueled, they will be ready to tackle a busy day! Breakfast is important for children because they are growing and have high energy needs. A balanced breakfast includes food from three categories in Canada’s Food Guide.

- **Vegetables and Fruits**  
(like berries, apples, spinach, tomatoes)
- **Whole Grain Foods**  
(like oatmeal, whole-wheat toast, whole grain cereal)
- **Protein Foods**  
(like milk, yogurt, kefir, cheese, nuts, seeds, eggs, lean meats)

**Variety is key!** Once students know these food categories, they will be able to create many healthy breakfast combinations.

### STEP 3

Continue the learning with these **supporting activities:**

- **S.M.A.R.T Goal:** Ask students to write down a S.M.A.R.T. goal about breakfast. (e.g., I will make breakfast or organize my breakfast foods every evening before going to bed so that I have time to eat before going to school).
- **Breakfast Mix & Match:** Have students create food flash cards with different vegetables and fruits, whole grain foods and protein foods. To make things easier, you could also order your free set of “Food Image & Origin Cards” at [TeachNutrition.ca/MaritimesCatalogue](http://TeachNutrition.ca/MaritimesCatalogue). See how many different balanced breakfast combinations students can create using the food cards.
- **Invent a Smoothie:** Have students invent a smoothie recipe and make an advertisement for it.
- **Classroom Cooking:** Have students prepare the *Meal-in-a-Jar* recipe provided on page 3. Leave it in the fridge overnight at school and have the students taste it the next day. You can also photocopy the recipe so students can try it at home.
- **Completely Canadian:** Have students create balanced breakfast combinations featuring foods only grown or produced in Canada.

#### HOW TO ADDRESS FOOD INSECURITY?

Talking about the importance of breakfast can be a sensitive subject because we know that not all students have access to a nutritious breakfast at home. Students may arrive at school hungry for a variety of reasons which could include waking up late, sport practice, not being hungry in the morning or limited food at home. Discussing how to access food for breakfast can help students who are living with food insecurity realize that they are not alone.

#### **If your school has a Breakfast Program:**

Have a class discussion about school breakfast programs and how they benefit **all** students (no matter what the reason is for not having breakfast). You can also discuss that breakfast programs are more than just providing food and nourishment. They provide opportunities for social engagement, bring students together for a common meal, and allow staff and adults to engage with students outside the classroom.

#### **If your school does not have a Breakfast Program:**

Ensure that all students who arrive at school hungry are aware of how they can access food in a non-stigmatizing manner. Consider involving students in a project-based activity and investigate how your school could benefit from having a breakfast program and how to start one.

**ARE YOU INTERESTED IN MORE?**

The team of Registered Dietitians at Dairy Farmers of Canada is here to help you. We have a website with a variety of **free nutrition resources** suitable for use in schools.

Visit [TeachNutrition.ca](http://TeachNutrition.ca) today!



**We value your opinion! Help improve your learning resources by giving us your feedback at [TeachNutrition.ca/YourOpinion](http://TeachNutrition.ca/YourOpinion).**

**RECIPE CARD**  
on next page  
for students  
to bring  
home.



## Overnight Oats Apple Spice

### OATS

1/2 cup (125 mL) large-flake oats

### DAIRY PRODUCTS

1/2 cup (125 mL) vanilla or plain yogurt

1/3 cup (80 mL) milk

### FRUITS & CO.

1/4 cup (60 mL) diced apple

1/4 cup (60 mL) apple sauce

1 tsp (5 mL) vanilla extract

1 pinch of cinnamon & nutmeg

**PLACE ALL INGREDIENTS IN A JAR AND SHAKE IT.  
PUT IN THE FRIDGE OVERNIGHT AND ENJOY!**



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