

Dear Educator,

As you know, a balanced diet is critical for optimal growth and development of children. While food is a necessary and delicious part of life, there are concerns about the increasing incidence of obesity and overweight, diabetes, and other diet related health issues among children. In an effort to help improve eating habits of children and to help empower children with the ability to make healthier food choices, Campbell Soup Company, through the Labels For Education program, has created these exciting teaching materials. The following resource addresses children's nutrition and the importance of consuming a variety of foods, and meets the National Education Standards.

Children enjoy learning about things that are of interest to them, especially if the materials are made appealing. Of particular interest is the human body. This resource capitalizes on this interest and focuses on engaging children in hands-on-learning about nutrition and its effects on the human body. Children will also engage in learning about the importance and benefits of trying and eating a variety of foods, and how to create "balance."

Name: _____ Date: _____

Here is a list of breakfast foods that can be eaten for breakfast. Share these with your parents.

A - apples, apricots, artichokes, asparagus, avocados, apple juice
 B - bananas, berries, brown whole grain bread, bagel, blueberries
 C - cereal, juice, corn bread or muffin, cereal (whole grain), chicken, cheese (low fat), cantaloupe, cottage cheese
 D - dates, dried fruit
 E - eggs, English muffins
 F - fish (Salmon, trout), fritatta, French toast, figs
 G - grapes, grape juice, grapefruit, green bell peppers
 H - honeydew melon, hot cereals
 I - ice made from fruit or fruit juice
 J - 100% fruit and vegetable juices, jelly
 K - kiwifruit
 L - low fat granola and breakfast bars, low sugar jelly, low fat cream cheese, lettuce
 M - mangoes, muffins, (low fat) milk
 N - nuts (almonds, walnuts, pecans), nectarines
 O - oatmeal, oranges, orange juice
 P - pineapple, peaches, peanut butter, papayas, plums, prunes, potatoes, pita bread
 Q - quark oats
 R - rye bread, raphanese, rice, refined beans, ricotta cheese (part-skim), red bell peppers
 S - spinach, strawberries, salsa
 T - tomatoes, turkey bacon or sausage, tomatoes, tortillas, tomato juice
 U - ugli fruit
 V - Valencia orange, vegetable juice
 W - watermelon, waffles
 X - Xanthans: If you find one, insert it here!
 Y - yogurt (low fat)
 Z - zucchini

How to Use These Lessons

Each of the lessons is comprised of student-centered activities that can be integrated into classroom subjects such as language arts, art, physical education, music, math, science, and health education. These activities can be used over a period of time as one unit of study or may be broken up and used as part of several individual lessons.

The lessons are organized to guide children through activities that will develop their nutrition-related knowledge, attitudes, skills, and behaviors. Lessons are broken down into the following parts:

Objectives:	Outcomes based on participation in lesson's activities.
National Education Standards:	These are standards, which are met by one or more of the activities in the lesson.
Points to Emphasize:	Important themes and facts to stress during activities and discussions.
You Will Need:	This section highlights the materials you will need to implement the lesson's activities. Most are generally readily available.
Main Activity:	For each grade level, there is one main activity that includes learning games, worksheets, and other experimental activities. In some instances, extensions of this main activity are offered.

How to Use These Lessons (continued from page one)

Activity Outcomes:	Questions are included to help students reflect upon the content and their experience as a result of participation in the main activity.
Extension Activity:	Additional activities are provided in order to further enhance learning of the concepts addressed in the main activity.
Safety Note:	Recommendations for the teacher to take note of or be aware of a safety concern or issue.
Vocabulary:	Words that have been introduced or reviewed in the lesson activities.
Teacher Information:	Background information is provided for each lesson and can be found immediately following the lesson activities. It is recommended that teachers review this information before starting the lessons.

Special Considerations

- ♦ All lesson activities may be modified for different grades and/or student ability levels or abilities.
- ♦ You may have children in your classroom with special dietary needs, like diabetes or lactose intolerance. In these instances, you should work with the parents and the school nurse.

KINDERGARTEN LESSON PLAN

Name of Lesson: *The ABC's of Breakfast*

Objectives:

- ♦ The children will be introduced to a variety of foods and beverages that can be chosen for breakfast.
- ♦ The children will be introduced to the five food groups (grains, fruits, vegetables, milk, meat/beans).
- ♦ The children will discuss the importance of eating breakfast everyday in order to get the energy and nutrition they need to learn, think, and play.
- ♦ The children will begin to be able to identify the names of a variety of breakfast foods and beverages, and recognize how the names of certain foods are spelled.
- ♦ The children will be encouraged to taste a variety of breakfast foods and beverages.

Points to Emphasize

- ♦ Breakfast should include a variety of different foods and beverages chosen from a variety of the five food groups (grains, fruits, vegetables, low-fat milk, meat/beans) - for example, whole grain breads and cereals, eggs, beans, lean meats, low-fat milk, low-fat yogurt, beans, fruits, vegetables, 100% fruit and vegetable juices, peanut butter, and so on.*
- ♦ Breakfast is one of the most important meals to eat during the day.
- ♦ Breakfast foods and beverages give you the energy and nutrition you need to run, jump, play, and learn.
- ♦ Tasting a variety of foods/beverages can be fun and helps you to try and enjoy a variety of different foods/beverages.
- ♦ The variety of foods that you eat and beverages you drink; how much of them you have, and how often you have them for breakfast is important.

* For a more comprehensive review of food groups, see Teacher Information Section.

You Will Need:

Pictures of a variety of culturally diverse breakfast food choices (i.e., whole grain breads, tortillas, cereals and other grains, fruit, vegetables, 100% fruit and vegetable juices, low-fat dairy products such as low-fat yogurt, cheese, milk, beans, lean meats, peanut butter and so on)**, two samples of foods that begin with the letter A for children to taste (i.e., applesauce and apricots), paper napkins, plastic spoons, plastic knife, chart paper, art supplies, tape, hole puncher, yarn, scissors, radio or CD player and musical CD, box or large yellow envelope, paint brush, white construction paper, yellow and green paint, Alphabet Food List (one copy per child).

** See Alphabet Food List

National Education Standards: Refer to “Campbell’s Breakfast Lesson Plans Alignment to National Standards” chart.

Getting ready:

- STEP 1** Obtain an assortment of pictures displaying a variety of breakfast food choices such as whole grain breads, cereals, and other grains, a variety of fruits (strawberry, watermelon, banana, apple) and vegetables like those in egg omelets (peppers, spinach), 100% fruit and vegetable juices, low-fat dairy products such as yogurt, cheese, and milk, peanut butter, beans, eggs, and so on. Try to have one breakfast food that begins with each letter of the alphabet. For instance, applesauce, burrito, carrots, dates, eggs, French toast, and so on.

Name: _____

Date: _____

Alphabet Breakfast Food List

Here is a list of breakfast foods that can be eaten for breakfast. Share these with your parents.

- A – apples, apricots, artichokes, asparagus, avocado, apple juice
- B – bananas, burritos, brown bread (whole grain), bagel, blueberries
- C – carrot juice, corn bread or muffin, cereal (whole grain), cherries, cheese (low-fat), cantaloupe, cottage cheese
- D – dates, dried fruit
- E – eggs, English muffins
- F – fish (Salmon, trout), frittata, French toast, figs
- G – grapes, grape juice, grapefruit, green bell peppers
- H – honeydew melons, hot cereals
- I – ices made from fruit or fruit juice
- J – 100% fruit and vegetable juices, jelly
- K – kiwifruits
- L – low-fat granola and breakfast bars, low-sugar jelly, low-fat cream cheese, lettuce
- M – mangoes, muffins, (low-fat) milk
- N – nuts (almonds, walnuts, pecans), nectarines
- O – oatmeal, oranges, orange juice
- P – pineapple, pancakes, peanut butter, papayas, plums, peaches, potatoes, pita bread
- Q – quick oats
- R – raisin bread, raspberries, rice, refried beans, ricotta cheese (part-skim), red bell peppers
- S – spinach, strawberries, salsa
- T – tangerines, turkey bacon or sausage, tomatoes, tortillas, tomato juice
- U – ugli fruit
- V – Valencia orange, vegetable juice
- W – watermelon, waffles
- X – If you find one, insert it here!
- Y – yogurt (low-fat)
- Z – zucchini