

Name: _____ Date: _____

My Breakfast Habits

Day	Did I eat breakfast?	What foods did I eat?				
		Cereal	Vegetables	Meat	Milk	Fruit & Eggs
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Use a pencil to fill in the boxes. Do not use a pen or marker.

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.”

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.



How to Use These Lessons (continued from page one)

<i>Main Activity:</i>	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.
<i>Activity Outcomes:</i>	Questions are included to help students reflect upon the content and their experience as a result of participation in the main activity.
<i>Extension Activity:</i>	Additional activities are provided in order to further enhance learning of the concepts addressed in the main activity.
<i>Safety Note:</i>	Recommendations for the teacher to take note of or be aware of a safety concern or issue.
<i>Vocabulary:</i>	Words that have been introduced or reviewed in the lesson activities.
<i>Teacher Information:</i>	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.

SECOND GRADE LESSON PLAN

Name of Lesson: *Who Eats Breakfast?*

Objectives:

- ♦ The children will conduct a classroom (or school-wide) survey to see if children eat breakfast.
- ♦ The children will identify the reasons why eating breakfast is a smart choice.
- ♦ The children will be encouraged to create posters that describe why eating breakfast is a smart choice.
- ♦ The children will identify different ways to encourage themselves and others to eat breakfast every morning.

Points to Emphasize

- ♦ Eating breakfast gives you the energy and nutrition you need to run, jump, play, think and learn.
- ♦ Eating breakfast helps you to grow and to be strong.
- ♦ Eating breakfast helps you to feel full until lunch, or snack time.
- ♦ There are a variety of breakfast foods to eat from the five food groups.

You Will Need:

- ♦ Poster Board
- ♦ Chart Paper
- ♦ Art Supplies
- ♦ Masking Tape
- ♦ Breakfast Eating form (at end of lesson)

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

Getting ready:

- STEP 1** Set up a graph on chart paper by drawing two columns, labeled YES and NO
- STEP 2** Draw an outline of a child on a piece of chart paper. Hang in group area.
- STEP 3** Make one copy of the Breakfast Eating Form for each child.

Procedure:

Use children’s breakfast habits to introduce basic graphing concepts.

- STEP 1** Start by surveying the class to collect data. Ask: Did you eat breakfast this morning – yes or no? Have children place a tally mark in column that represents their answer
- STEP 2** Gather children around the graph and ask the following questions:
 - ♦ What information does this graph tell us?
 - ♦ What would be a good name for this graph?
 - ♦ How many students ate breakfast this morning?
 - ♦ How many students did not eat breakfast this morning?
 - ♦ Did more students eat breakfast than not eat breakfast?

Name: _____ Date: _____

My Breakfast Habits

Day	Did I eat Breakfast? Yes or No	What foods did I eat?					
		Grains	Vegetables	Fruit	Milk	Meat & Beans	Other Foods
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							

*Here's something I can do to remember to eat breakfast every day: _____
