

Grade 1

Brave for Breakfast!

Healthful Living Objective(s)

- 4.01 Categorize foods into the appropriate groups of *MyPyramid for Kids* and *MyPlate*.
- 4.02 Identify a variety of foods that are healthy choices in each of the food groups.

Language Arts Objective(s)

- 1.01 Develop phonemic awareness and demonstrate knowledge of alphabetic principle: count syllables in a word, blend the phonemes of one-syllable words, segment the phonemes of one-syllable words, change the beginning, middle, and ending sounds to produce new words, and create and state a series of rhyming words that may include consonant blends (e.g., flag, brag).
- 2.01 Read aloud independently with fluency and comprehension any text that is appropriately designed for emergent readers.
- 2.07 Respond and elaborate in answering what, when, where and how questions.
- 3.04 Share personal experiences and responses to experiences with text: publishing non-print texts, discussing interpretations, and recording personal responses.
- 4.05 Write and/or participate in writing by using an author's model of language and extending the model (e.g., writing different ending for a story, composing an innovation of a poem).

Mathematics Objective(s)

- 4.01 Collect, organize, describe and display data using line plots and tallies.

Teacher Resource(s)

- U.S. Department of Agriculture, School Breakfast Toolkit, *Benefits of Breakfast Flyer*, www.fns.usda.gov/cnd/Breakfast/expansion/benefitsbreakfast.pdf
- N.C. Division of Public Health, North Carolina Nutrition Education and Training Program, *Food for Thought: Making the Grade through Healthful Eating K-5 Curriculum*, www.nutritionc.com
 - *Teaching MyPlate*
 - *What foods are in the Grains Group?*
 - *What foods are in the Vegetable Group?*
 - *What foods are in the Fruit Group?*
 - *What foods are in the Dairy Group?*
 - *What foods are in the Protein Foods Group?*
- U. S. Department of Agriculture, *Using MyPlate Along with MyPyramid*, www.ChooseMyPlate.gov/downloads/MyPlate/UsingMyPlateAlongWithMyPyramid.pdf
- National Education Association, *Read Across America*, www.nea.org/readacross/

Material(s) Needed

- *Green Eggs and Ham* by Dr. Seuss

- U.S. Department of Agriculture, *MyPyramid for Kids Poster*, www.mypyramid.gov/tips_resources/printmaterials.html
- U.S. Department of Agriculture, *MyPlate* graphics slick, www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf
- U.S. Department of Agriculture, *MyPyramid for Kids Classroom Materials, Go Fish Cards* (cut along dotted lines and laminated for long-term use), www.fns.usda.gov/tn/resources/mypyramidclassroom.html
- School Breakfast Menu

Handout(s)

- *My Dr. Seuss Story*

Note that, as of June 2011, *MyPyramid* was replaced with *MyPlate* as a way to understand how to eat healthfully. It is important to know that you may continue to use existing *MyPyramid* educational materials, such as the *MyPyramid for Kids Poster*. This is because the information about what and how much to eat has not changed. Be aware that on *MyPlate* the Meat & Beans Group is called the Protein Foods Group and the Milk Group is called the Dairy Group.

Focus

Describe some of your favorite breakfast foods. Ask students to share their favorite breakfast foods. A food that one student may like for breakfast might be another student's least favorite breakfast food. Note that people have different food likes and dislikes. Encourage students to be respectful of each other's likes and dislikes.

Teacher Input

Read the book, *Green Eggs and Ham* by Dr. Seuss. During the reading, ask the students a variety of what, when, where and how comprehension questions. For example:

- What does Sam-I-am offer the character?
- Where does the character refuse to eat green eggs and ham?
- How does Sam-I-am get the character to try green eggs and ham?
- When does the character change his mind about eating green eggs and ham?
- What happens when the character tries green eggs and ham?

Ask the students if they have ever experienced something like the character in the book. Did they refuse to try something new? When they finally tried it, did they like it?

Using the *MyPyramid for Kids Poster* and the *MyPlate* graphics slick, discuss the different food groups with students. Point out that while the symbol has changed from *MyPyramid* to *MyPlate*, both symbols remind us how to eat healthfully. Ask students to identify the group to which green eggs and ham would belong. Identify different healthy breakfast choices within each group. You may choose to use the *MyPyramid Go Fish Cards* as food examples. Explain that it is important to eat a variety of foods from each group. If they only ate foods from one or two groups, or ate the same foods every day, they would miss out on many different nutrients.

Read the book again, and ask the students to identify the places where the character would eat green eggs and ham. Ask them to identify the things with which he would eat green eggs and ham. As the students identify the places and things, write them on a board. Have the students point out any words that rhyme.

Practice and Assessment

Have students identify two healthy breakfast foods from one or more food groups. Encourage them to use breakfast foods that they have not tried. Using the *My Dr. Seuss Story* handout, have the students write a story patterned after *Green Eggs and Ham* including the two healthy breakfast foods that they have identified. They should try to include rhyming words. They can refer to the words that were written on the board during Teacher Input. After they have completed their stories, have students share their stories with the class.

Find out if the School Breakfast Program is offered in your school. If it is, find out what types of service options are available, i.e., traditional school breakfast in the cafeteria, school breakfast in the classroom, grab n’ go school breakfast, etc. Also, obtain a copy of and review the school breakfast menu with students. Encourage students to consider choosing school breakfast each morning.

Optional Activities

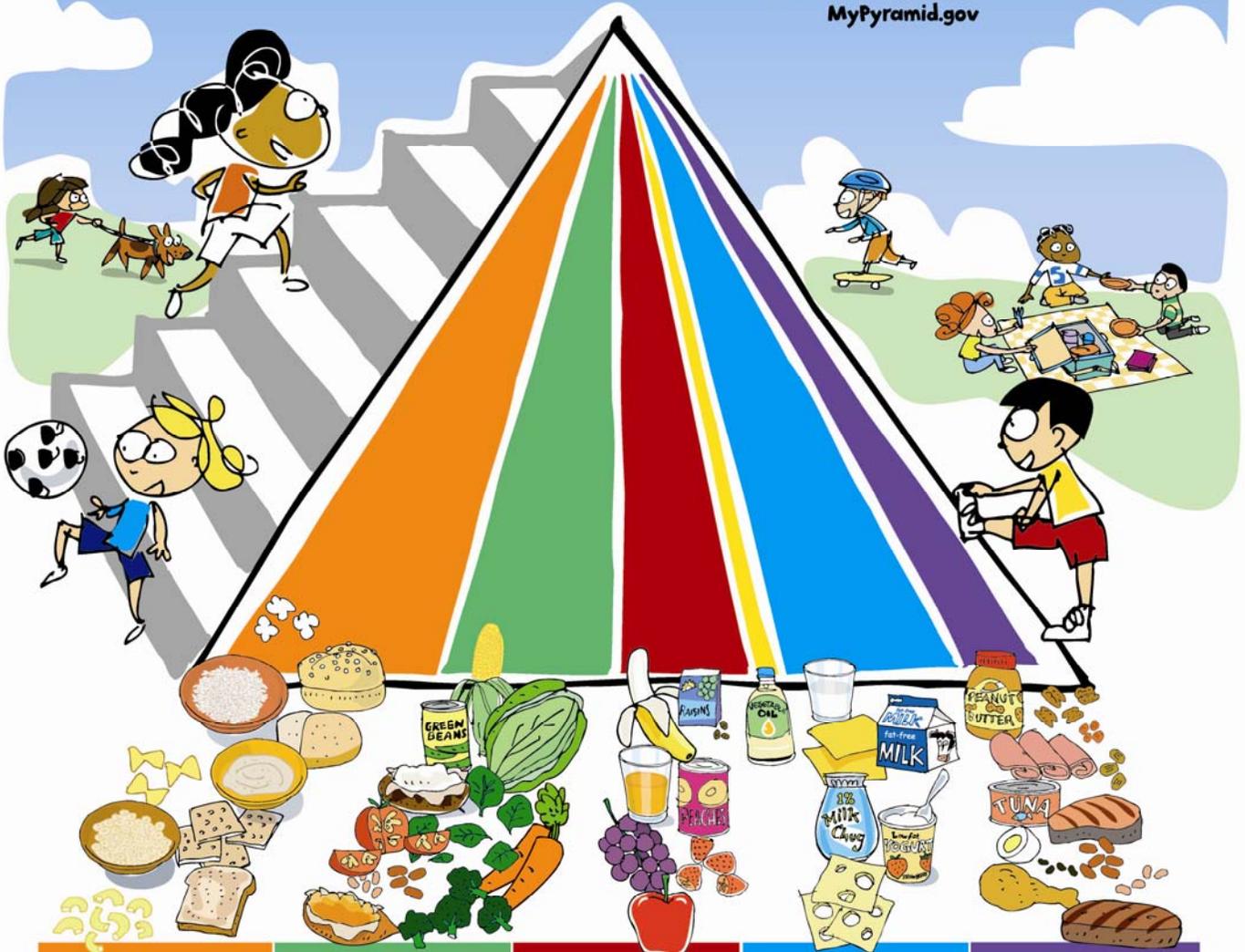
Coordinate a tasting party with Child Nutrition staff. This could be done in conjunction with *Read Across America Day*. Offer a variety of breakfast foods for students to try, including green eggs and ham. Students can identify their most favorite and least favorite of the breakfast foods tried. Create a table on the board that lists each of the foods that were offered, and tally the number of students who identified each food as their most favorite and least favorite.

Food	Most favorite	Least favorite
Green eggs and ham		

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains	Vegetables	Fruits	Milk	Meat & Beans
<p>Make half your grains whole</p> <p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Vary your veggies</p> <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Focus on fruits</p> <p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Get your calcium-rich foods</p> <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Go lean with protein</p> <p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

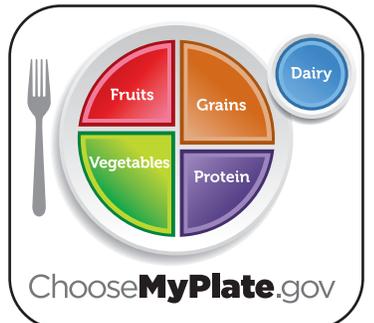
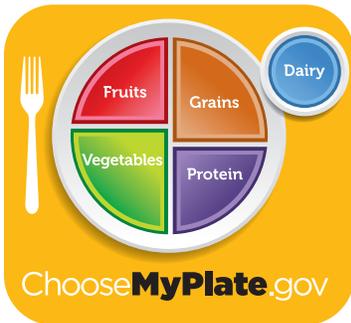
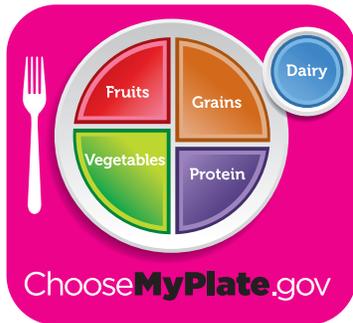
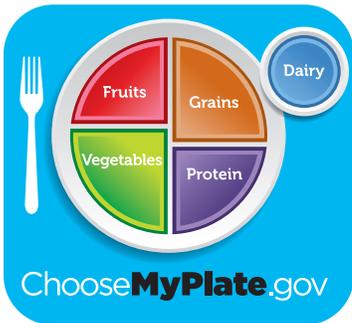
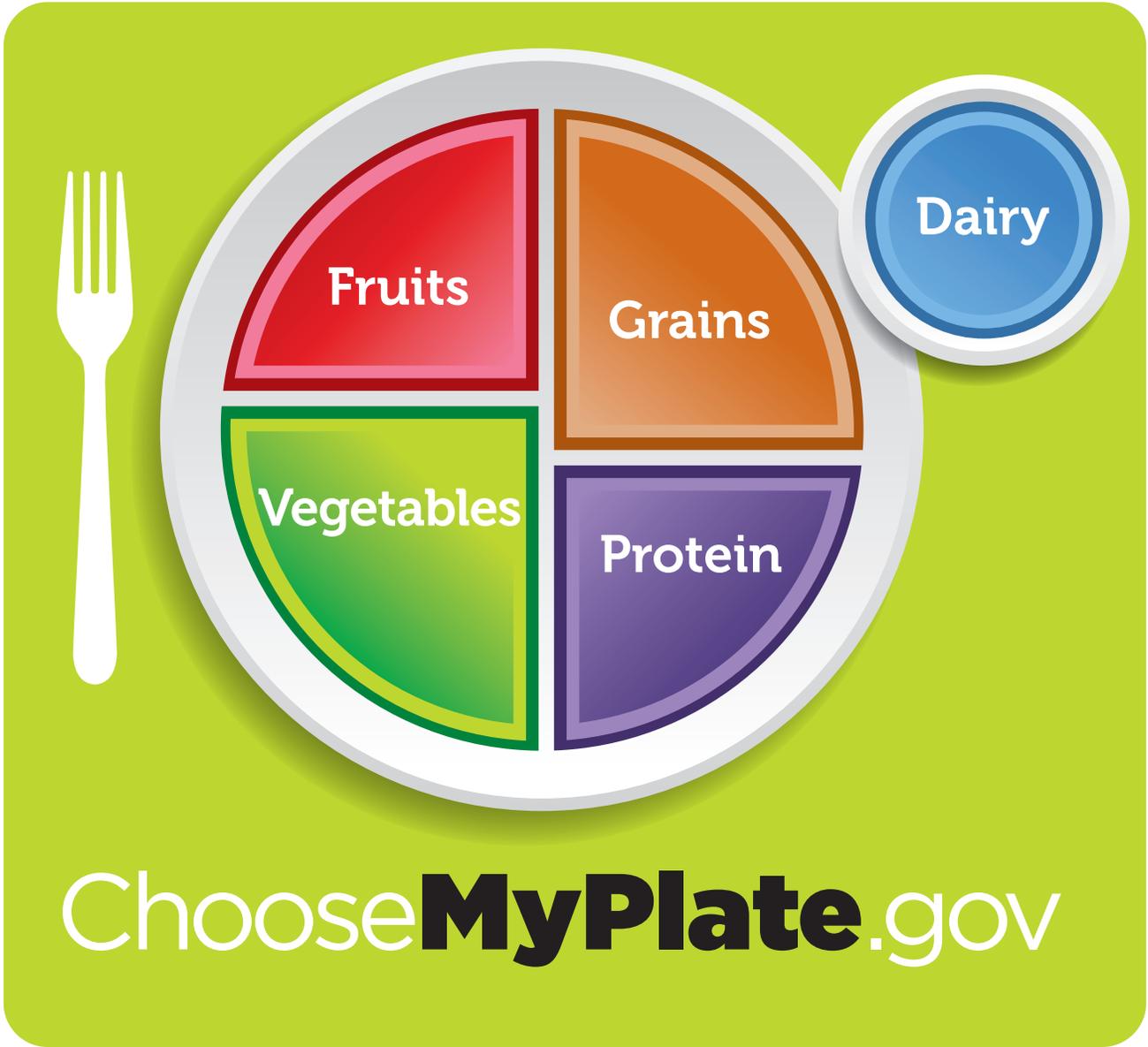
Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.





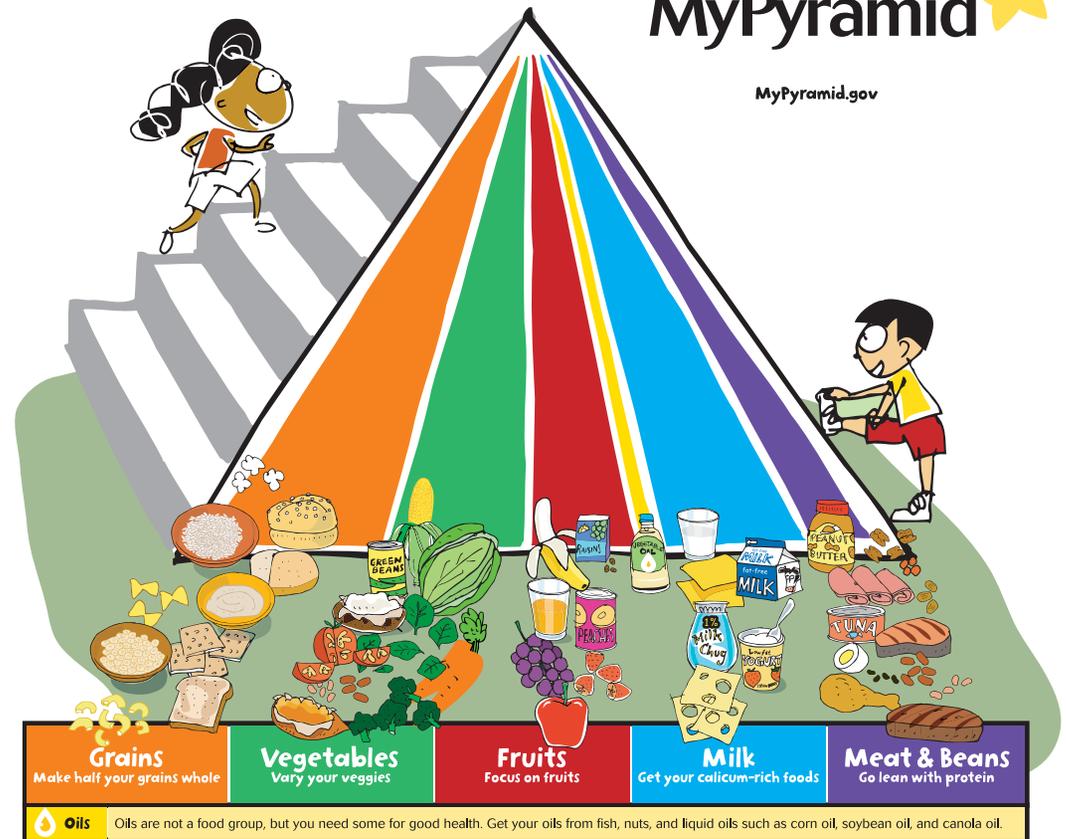
Pyramid Go Fish Instructions

Getting Ready

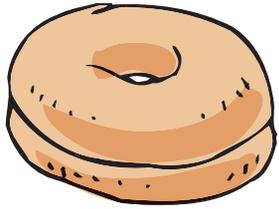
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish

- Divide the students into groups of four.
- Give each group 30 cards.
- The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.
- The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.
- If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish," and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.
- The student with the most pairs wins.

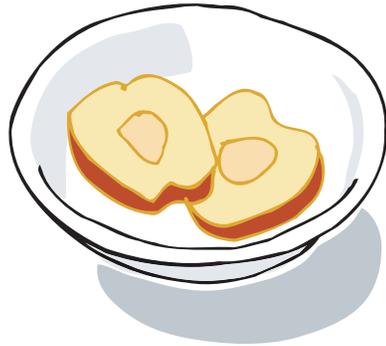


Grains



Bagel

Fruits



Baked Apple

Meat & Beans



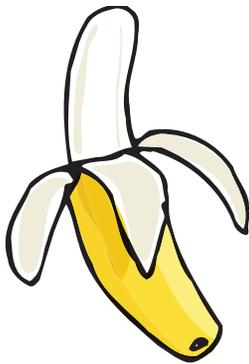
Baked Beans

Vegetables



Baked Potato

Fruits



Banana

Fruits



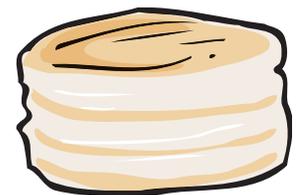
Apple

Meat & Beans



Beef Jerky

Grains



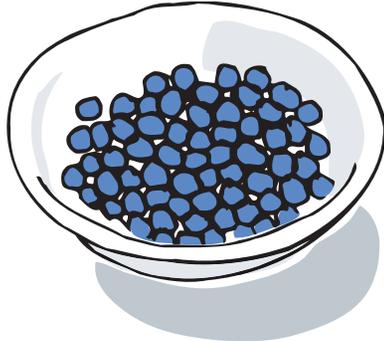
Biscuit

Meat & Beans



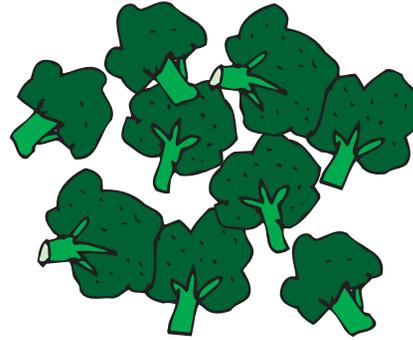
Black Bean Soup

Fruits



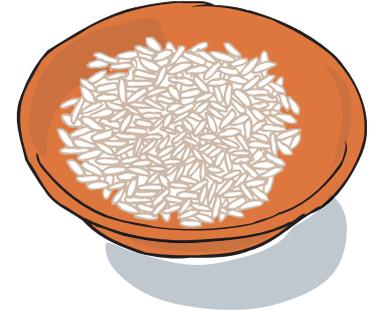
Blueberries

Vegetables



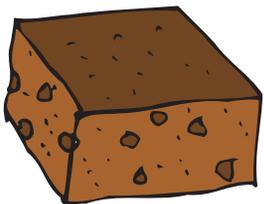
Broccoli

Grains



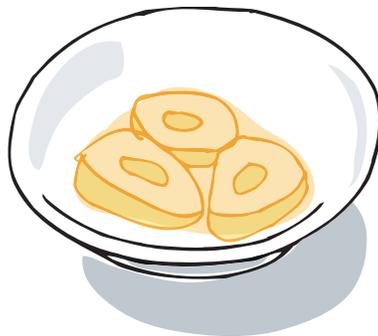
Brown Rice

Grains



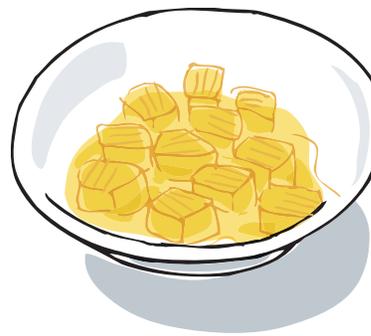
Brownie

Fruits



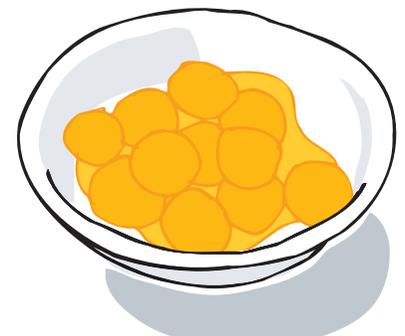
Pears

Fruits



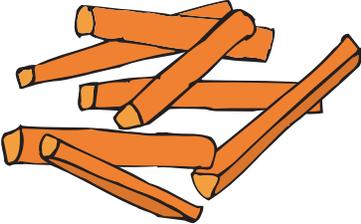
Pineapple

Fruits



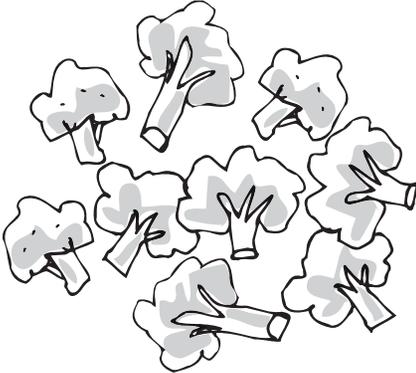
Cantaloupe

Vegetables



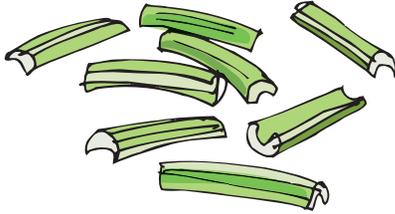
Carrot Sticks

Vegetables



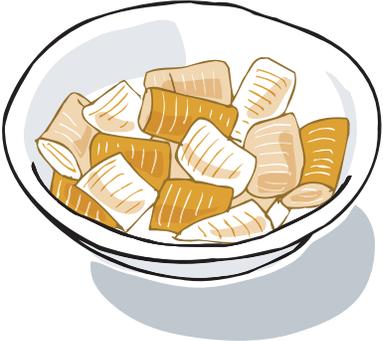
Cauliflower

Vegetables



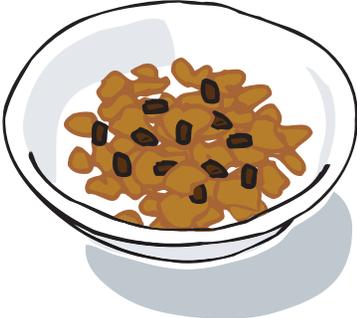
Celery

Grains



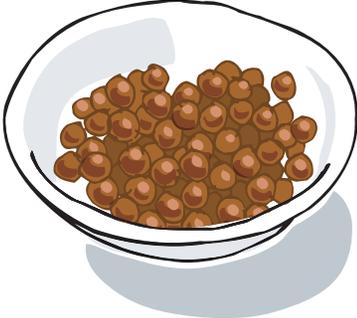
Cereal

Grains



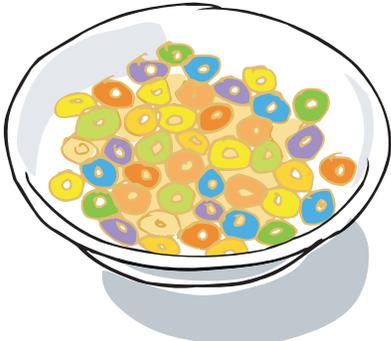
Cereal

Grains



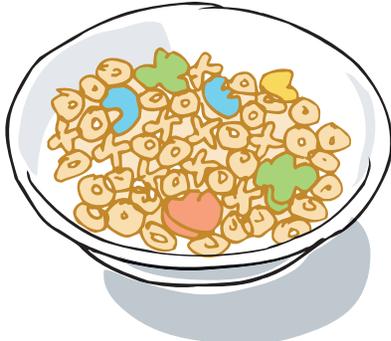
Cereal

Grains



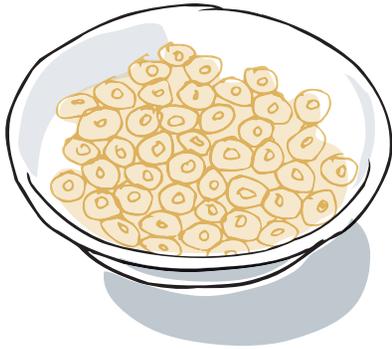
Cereal

Grains



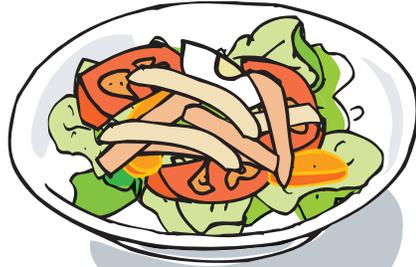
Cereal

Grains



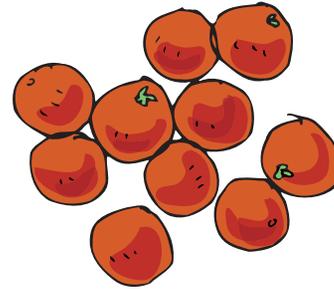
Cereal

Vegetables



Chef Salad

Vegetables



Cherry Tomatoes

Grains



Chex Mix

Grains



Wild Rice

Milk



Yogurt

Grains



Chocolate Chip Muffin

Milk



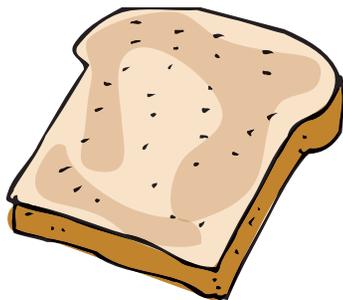
Chocolate Pudding

Vegetables



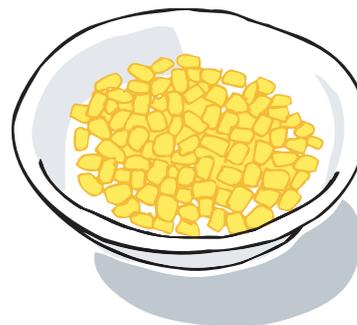
Collard Greens

Grains



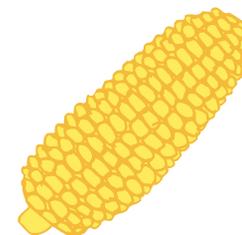
**Whole Wheat
Toast**

Vegetables



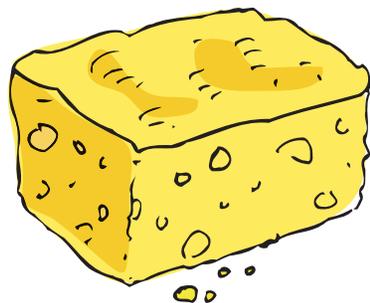
Corn

Vegetables



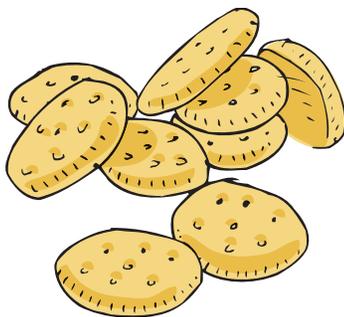
Corn

Grains



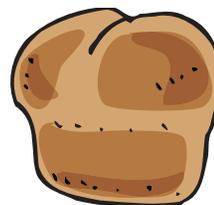
Cornbread

Grains



Crackers

Grains



**Whole Wheat
Dinner Roll**

Fruits



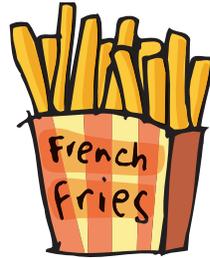
Dried Apricots

Grains



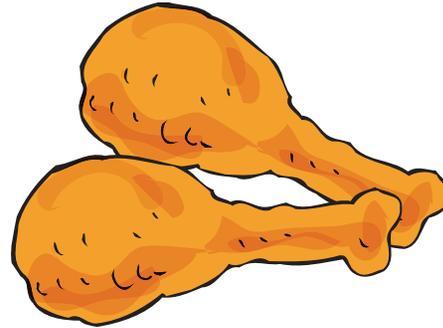
English Muffin

Vegetables



French Fries

Meat & Beans



Fried Chicken

Fruits



Fried Plantains

Fruits



Applesauce

Fruits



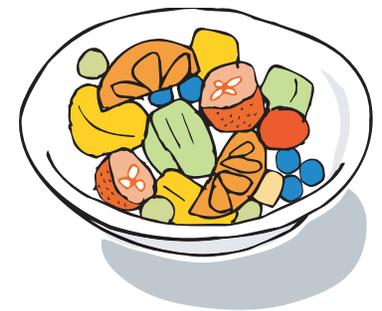
Frozen Fruit
Juice Bar

Milk



Frozen Yogurt

Fruits



Fruit Salad

Fruits



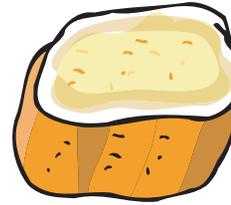
Fruit Leather

Fruits



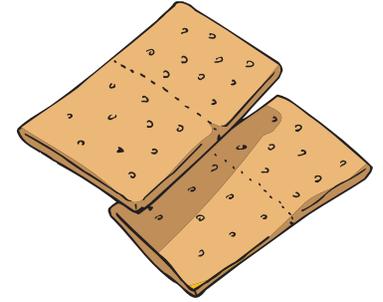
Apple Juice

Grains



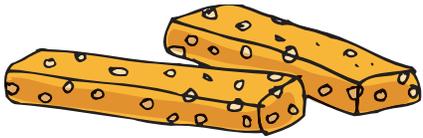
Garlic Bread

Grains



Graham Crackers

Grains



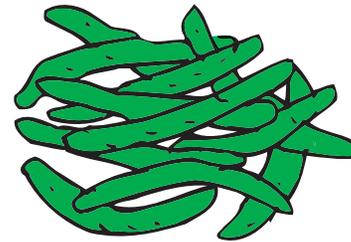
Granola Bar

Fruits



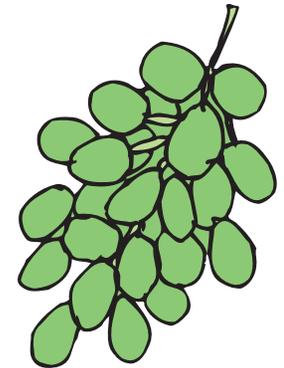
Grape Juice

Vegetables



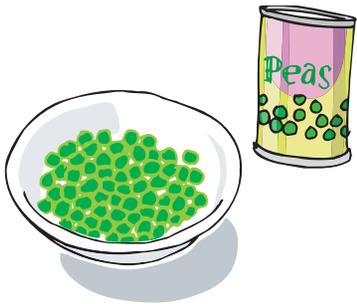
Green Beans

Fruits



Green Grapes

Vegetables



Green Peas

Meat & Beans



Grilled Chicken

Meat & Beans



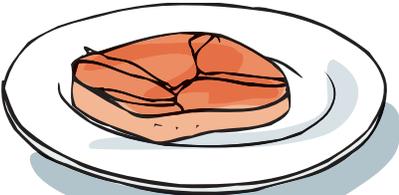
Grilled Fish

Grains



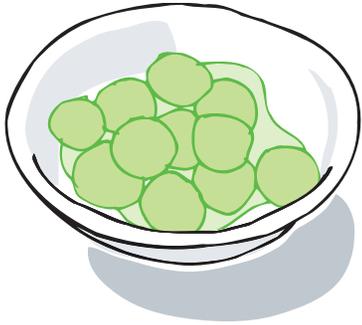
Grits

Meat & Beans



Ham

Fruits



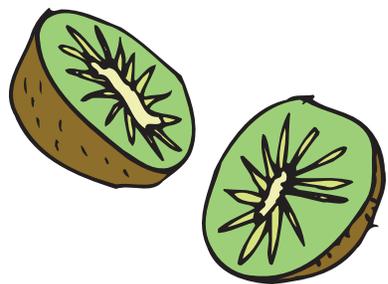
Honeydew

Milk



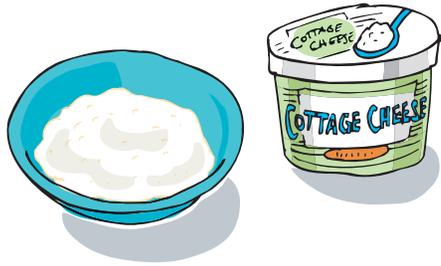
Ice Cream

Fruits



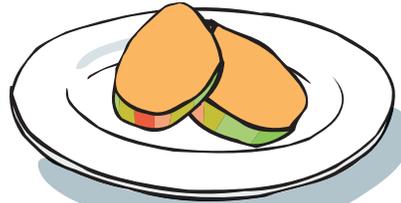
Kiwi

Milk



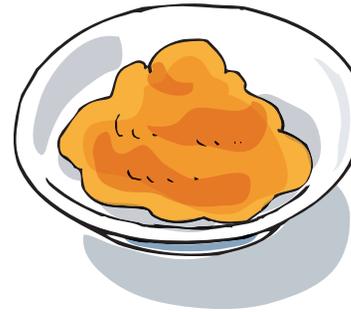
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet Potatoes

Milk



2% Milk

Milk



Chocolate Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Milk



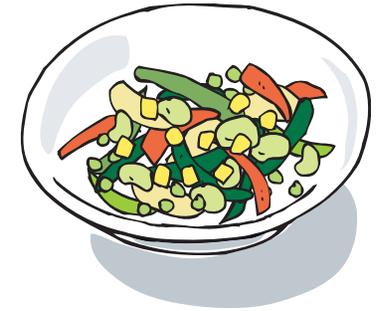
Whole Milk

Milk



Milkshake

Vegetables



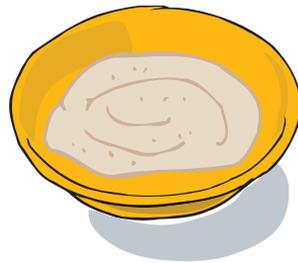
Mixed Vegetables

Grains



Animal Crackers

Grains



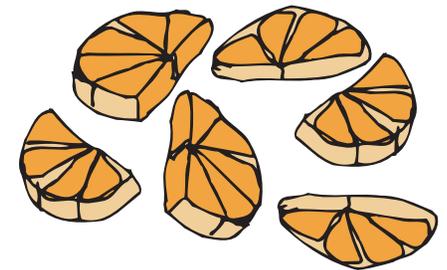
Oatmeal

Fruits



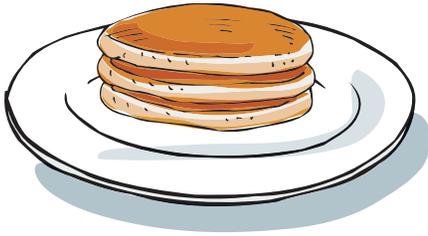
Orange Juice

Fruits



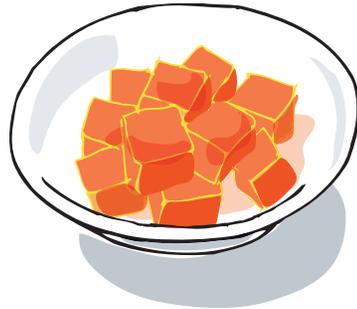
Orange Slices

Grains



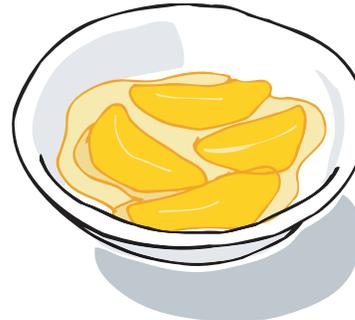
Pancakes

Fruits



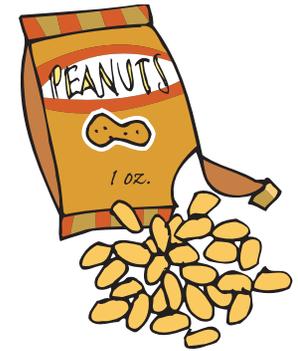
Papaya

Fruits



Peaches

Meat & Beans



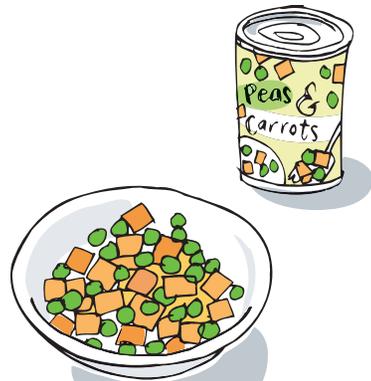
Peanuts

Fruits



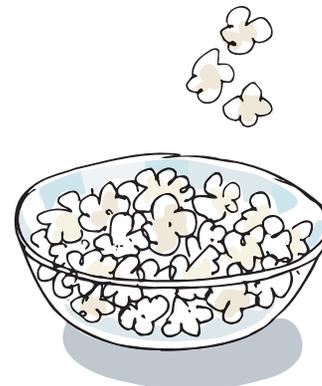
Pear

Vegetables



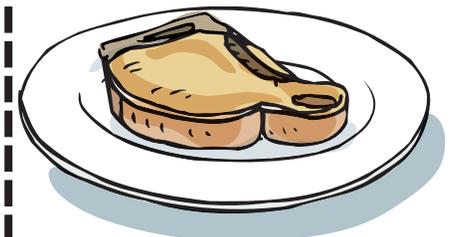
Peas & Carrots

Grains



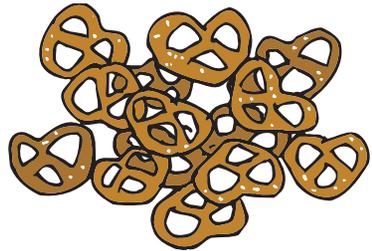
Popcorn

Meat & Beans



Pork Chop

Grains



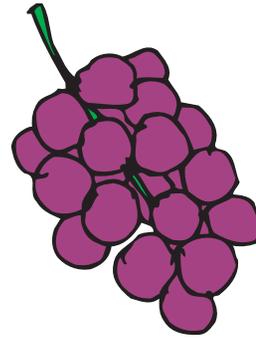
Pretzels

Fruits



Raisins

Fruits



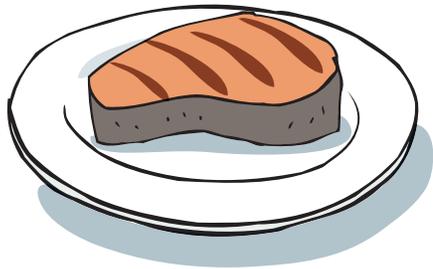
Red Grapes

Vegetables



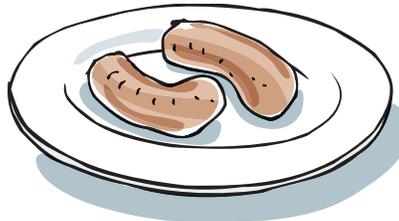
**Red & Green
Pepper Slices**

Meat & Beans



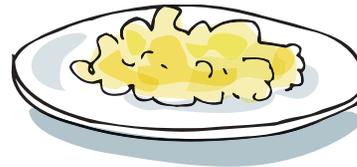
Salmon

Meat & Beans



Sausage Links

Meat & Beans



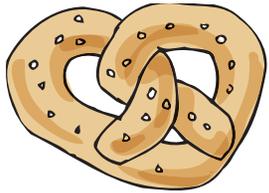
Scrambled Eggs

Vegetables



Side Salad

Grains



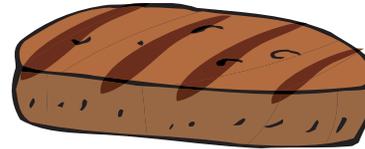
Soft Pretzel

Vegetables



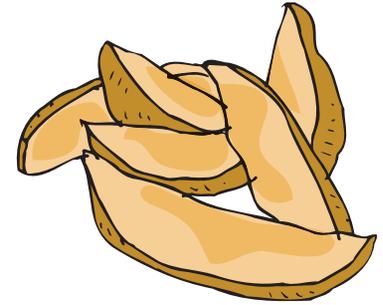
Spinach Salad

Meat & Beans



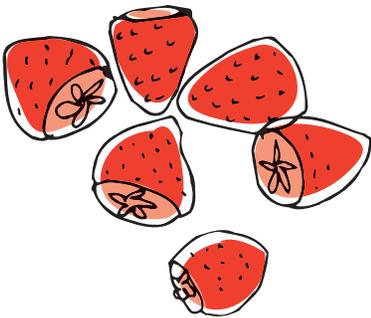
Steak

Vegetables



Steak Fries

Fruits



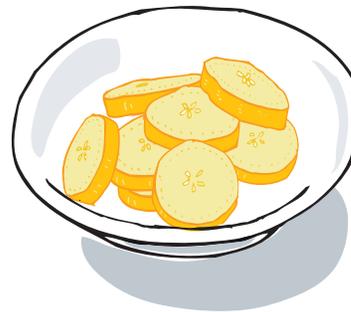
Strawberries

Milk



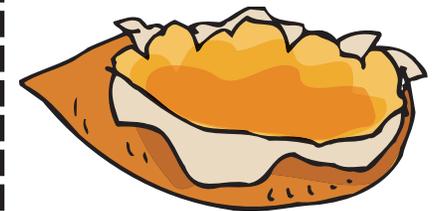
String Cheese

Vegetables



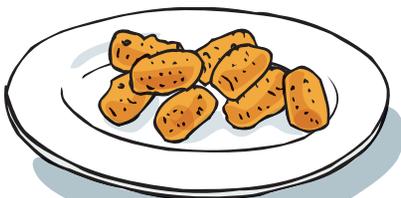
Summer Squash

Vegetables



**Baked
Sweet Potato**

Vegetables



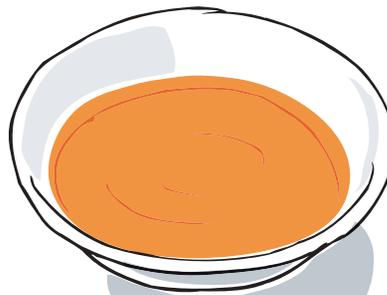
Tater Tots

Vegetables



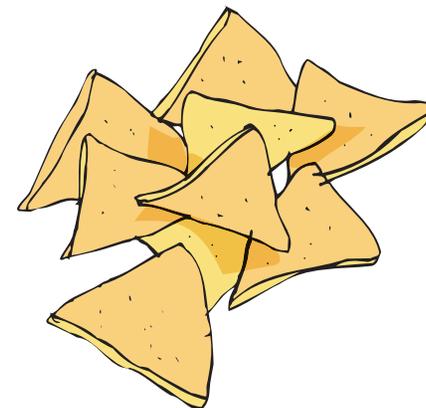
Tomato Juice

Vegetables



Tomato Soup

Grains



Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



Trail Mix

Milk



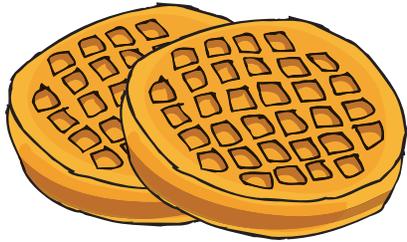
Vanilla Pudding

Vegetables



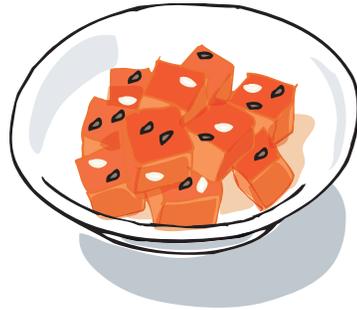
Vegetable Soup

Grains



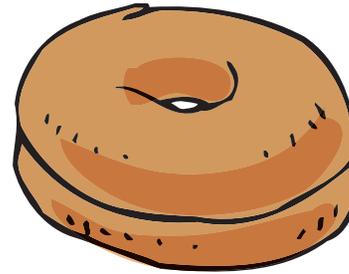
Waffles

Fruits



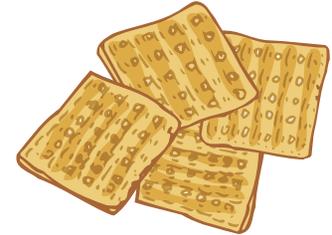
Watermelon

Grains



**Whole Wheat
Bagel**

Grains



**Whole Wheat
Crackers**



My Dr. Seuss Story

By _____

I do not like _____ .

I do not like them, _____ .

I will not eat them _____ .

I will not eat them _____ .

You do not like them. So you say.
Try them! Try them! And you may.
Try them and you may, I say.

If you will let me be, I will try them.
You will see.

Say! I like _____ .

I would eat them _____ .

I would eat them _____ .

I do so like _____ .

Thank you!

Thank you, _____ !

