Session 17 – Why Breakfast Is The Most Important Meal



I. Objectives

- Understand the importance of eating breakfast.
- Identify four methods to get started.
- Create a grocery store checklist.

II. Introduction

Breakfast foods are good sources of important nutrients such as calcium, B vitamins, and Iron. Calcium makes bones strong, B – vitamins help the body break down food to pull for the energy needed.

Iron is important and helps carry oxygen from your lungs and transports it throughout your body. Breakfast supports brain function, improves our attention span and supports our concentration and memory.

Children, teens, and adults who eat breakfast do better in school and in the workforce. And that morning meal turns on your metabolism switch so that throughout the day you are burning fat.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the benefits of eating breakfast.

Eating breakfast has shown improvements in math, reading, tests scores and overall work productivity. It allows for better concentration, fewer absences, overall better behavior and healthier weight status.

Skipping breakfast can cause children and adults to have slower memory recall, make more errors, and be absent and tardy more often. Children and teens who go to school hungry can also experience a stomach ache, headaches, anxiety and be less physically active. Breakfast is the most important meal of the day for the whole family.

4 Tips to Get Started

- Be a positive role model
- Eating breakfast with your family will teach them the importance of fueling their body for a healthy start.
- Make Time
- Wake up earlier to have plenty of time to eat breakfast at home or school. If your child will eat breakfast at school, review the school menu with your child and select the healthier breakfast options. Research suggests that children who eat breakfast at school are more likely to consume the essential vitamins and minerals needed for growth and development.

Aim for 3 to 4 food groups from MyPlate

A well balanced breakfast should include whole grains to provide a longer lasting source of energy, along with a lean protein to help stay strong and more focused, a fresh fruit and/or vegetable for fiber and fat-free or low fat milk or yogurt for calcium and other important nutrients.

Stock Up

Make a grocery breakfast list. Grains: 100% whole grain cereals, breads, pancakes, oatmeal; Protein: eggs, nuts, beans, natural

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peanut butter or turkey, ham, (low sodium); Dairy: Milk or yogurt; fresh fruits: like strawberries, blueberries, pineapples, grapes and tomatoes; and fresh vegetables: mushrooms, bell peppers, spinach, onions, tomatoes and chile peppers.

V. Activity

Below is a list of foods that can be used for breakfast. Check off each item that you purchase and try in the next week.

Grains – make at least half of your grains whole grains

____ 100% whole-grain bread
____ oatmeal
____ quinoa
____whole grain cereal
____whole-wheat tortillas
____rolled oats



Protein: choose lean or low-fat meats

____lean/extra lean turkey/turkey bacon
____natural peanut butter
____nuts
____eggs
____beans
____other:_____

Fruit: make ¼ of your plate fruits

____strawberries
____blueberries
____melon
____tomatoes
____pineapple
____banana
____grapes
____other:_____

Vegetables: make half your plate vegetables

____mushroom
____bell peppers
____other:_____
____onions
____spinach

Dairy: choose low-fat or fat free milk and dairy foods

____milk
____low-fat yogurt
____low-fat cheese
____other:_____

