



## Fit For Life: A Family Approach

# BREAKFAST

By Joan C. Elledge and Kathleen M. Stadler \*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

- 🍏 Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- 🍏 Eat 2 Servings of Calcium-Rich Foods
- 🍏 Daily Physical Activity
- 🍏 Handle Food Safely

Your challenge is to help your family plan time and food choices for breakfast to start the day.

When planning breakfast menus, a well-balanced breakfast should include foods from at least 3 out of the 5 food groups.

A good breakfast guide to follow is to have children eat:

1 serving of a grain food (such as one slice of bread, one ounce of cold cereal, or 3/4 cup hot cereal)

1 serving of a fruit or vegetable (1/2 cup of fruit or vegetable or 1/2 cup fruit or vegetable juice)

1 serving of a dairy food. (1 1/2 ounces of cheese, 1 cup milk, 1/2 cup yogurt)

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### Food Guide Pyramid

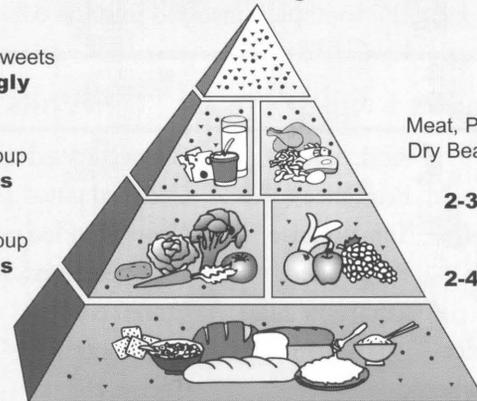
Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2-3 Servings**

Vegetable Group  
**3-5 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2-3 Servings**

Fruit Group  
**2-4 Servings**



Bread, Cereal, Rice & Pasta Group  
**6-11 Servings**

### Food Guide Pyramid for Young Children Ages 2-6

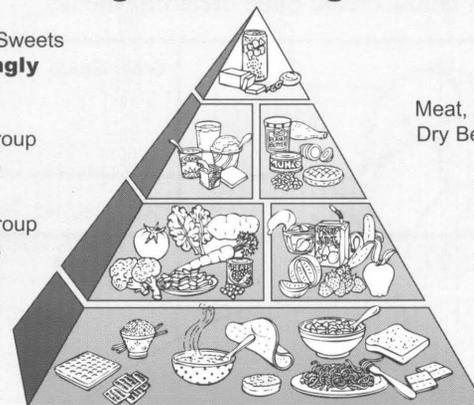
Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2 Servings**

Vegetable Group  
**3 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2 Servings**

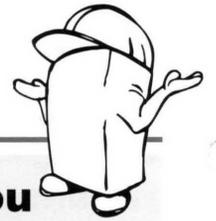
Fruit Group  
**2 Servings**



Bread, Cereal, Rice & Pasta Group  
**6 Servings**

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Here is a recipe for easy breakfast bread. You can make many choices about the ingredients. Your child has been learning how to measure and stir ingredients; maybe he or she could help you prepare this for breakfast. Wash your hands before you begin.



### Basic Breakfast Bread Recipe

- |  |                                 |
|--|---------------------------------|
| 2 cups whole wheat or white flour                        | 2/3 cup sugar                   |
| 1/2 teaspoon salt  | 2 teaspoons baking powder       |
| 3/4 cup dry milk powder*                                 | 1/2 cup chopped nuts (see list) |
| 1/2 cup dried or chopped fruit (see list)                | 1 cup liquid (see list)         |
| 1/3 cup vegetable oil plus one<br>tablespoon for the pan | 2 eggs                          |

\*Or add 1 cup of milk and eliminate the 1 cup of liquid

#### Directions:

Preheat oven to 340 degrees.

Mix dry ingredients together. Mix liquid ingredients together. Add liquid ingredients to dry ingredients and stir to mix. This results in a thick batter. Put batter into a loaf pan greased with one-tablespoon oil and bake one hour, or until a toothpick inserted into the center comes out clean.



### Did you know?

Food is the energy for our body. Without food we slow down and lose steam. Without energy we often are not able to keep up with others.

People who do not eat breakfast tend to overeat at other meals.

#### Liquids 1 cup

- Apple juice
- Grape juice
- Pineapple juice
- Orange juice
- Lemon juice
- Grapefruit juice
- Mashed strawberries
- Mashed ripe banana
- Apricot juice
- Pear juice
- Tomato juice
- Prune juice
- Cranberry Juice

#### Fruits 1/2 cup

- Chopped dried apricots
- Chopped pitted prunes
- Chopped dried pineapple
- Chopped pitted dates
- Frozen corn
- Dried hominy
- Cheese chunks
- Shredded carrot
- Raisins
- Chopped figs
- Blueberries
- Cranberries

#### Nuts 1/2 cup

- Chopped pecans
- Chopped walnuts
- Sunflower seeds
- Sesame seeds
- Chopped chestnuts
- Chopped peanuts
- Chopped almonds
- Crunchy type cereal
- Shredded coconut
- Uncooked oatmeal
- Chopped filberts
- Chopped cashews



### Plan Breakfast with your child:

In the spaces below create three breakfast menus

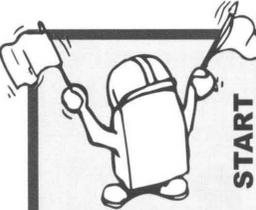
Milk Group	Grain Group	Fruit or Vegetable Group
Milk Group	Grain Group	Fruit or Vegetable Group
Milk Group	Grain Group	Fruit or Vegetable Group



# Table Talk Challenge

## Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.

 <p><b>START</b></p>					
<p><b>FINISH</b></p>	<p><b>Game moves:</b></p> <ul style="list-style-type: none"> <li>🍏 You ate something for breakfast - move 1 space</li> <li>🍏 You did not eat breakfast - no move</li> <li>🍏 Did you read a nutrition label today? - If yes, move 1 space forward</li> <li>🍏 You did not have time to eat breakfast - no move</li> <li>🍏 You ate a candy bar or donut for breakfast - go back 2 spaces</li> <li>🍏 You ate a dairy product for breakfast - move 2 spaces forward</li> <li>🍏 Did you get 7-8 hours of rest last night? - If yes, move 1 space forward</li> <li>🍏 You ate a grain product for breakfast- move 2 spaces forward</li> <li>🍏 You were too sleepy to eat breakfast - go back 2 spaces</li> <li>🍏 You planned breakfast the night before - move 3 spaces forward</li> <li>🍏 You got up early enough to eat breakfast - move 2 spaces forward</li> <li>🍏 You ate cereal with milk - move 3 spaces forward</li> <li>🍏 You ate fruit - move 1 space forward</li> <li>🍏 Did you wash the fruit you ate? - If yes, move 1 space forward</li> <li>🍏 You ate breakfast every morning for the past 3 days - move 5 spaces forward</li> <li>🍏 Did you choose a vitamin C rich food today? - If yes, move 1 space forward.</li> <li>🍏 Did you drink 6-8 glasses of fluid, especially 2 glasses of water? Move 1 space if you drank 4 glasses or move 2 spaces if you drank more than 2 glasses of fluid.</li> <li>🍏 Did you eat 2 calcium rich foods today? If yes, move 2 spaces.</li> <li>🍏 Did you wash your hands before eating? If yes, move 1 space.</li> <li>🍏 Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 1 space.</li> </ul>				
					