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Healthy Families for the Future

# BREAKFAST

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



Today, your child learned about the importance of eating breakfast to improve performance in school. Children work and play better when they eat breakfast. Skipping breakfast can make your child tired and unable to concentrate in school. He or she attended a Smart Choice Nutrition Education Program. A Program Assistant taught this educational program for youth, sponsored by Virginia Cooperative Extension.

The "Healthy Families for the Future" newsletter series is designed to encourage our family to focus on daily health habits that promote health.

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)

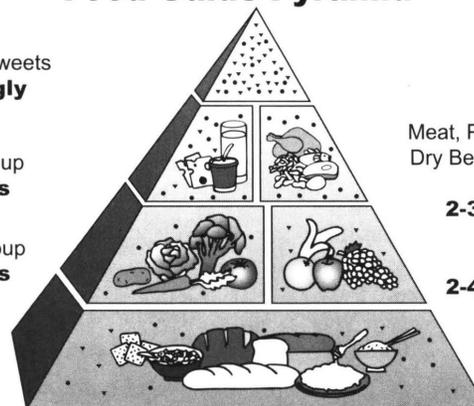
1 serving of a dairy food. (1 1/2 ounces of cheese, 1 cup milk, 1/2 cup yogurt)

## 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**

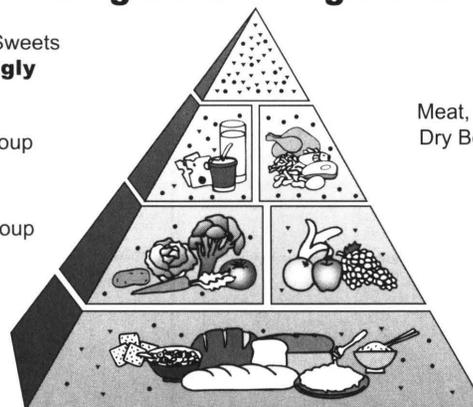
Bread, Cereal, Rice & Pasta Group  
**6-11 Servings**

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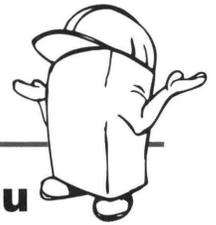
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Here is a recipe for easy breakfast bread. You can make many choices about the ingredients. Your child has been learning how to measure and stir ingredients; maybe he or she could help you prepare this for breakfast. Wash your hands before you begin.



### Basic Breakfast Bread Recipe

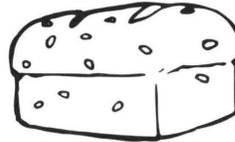
- |  |                                 |
|--|---------------------------------|
| 2 cups whole wheat or white flour                        | 2/3 cup sugar                   |
| 1/2 teaspoon salt  | 2 teaspoons baking powder       |
| 3/4 cup dry milk powder*                                 | 1/2 cup 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

#### Fruits 1/2 cup

#### Nuts 1/2 cup

Apple juice	Apricot juice	Chopped dried apricots	Raisins	Chopped pecans	Shredded coconut
Grape juice	Pear juice	Chopped pitted prunes	Chopped figs	Chopped walnuts	Uncooked oatmeal
Pineapple juice	Tomato juice	Chopped dried pineapple	Blueberries	Sunflower seeds	Chopped filberts
Orange juice	Prune juice	Chopped pitted dates	Cranberries	Sesame seeds	Chopped cashews
Lemon juice	Cranberry Juice	Frozen corn		Chopped chestnuts	
Grapefruit juice		Dried hominy		Chopped peanuts	
Mashed strawberries		Cheese chunks		Chopped almonds	
Mashed ripe banana		Shredded carrot		Crunchy type cereal	



### 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>FINISH</b></p>	<p><b>Game moves:</b></p> <p>You ate something for breakfast - move 1 space</p> <p>You did not eat breakfast - no move</p> <p>Did you read a nutrition label today? - If yes, move 1 space forward</p> <p>You did not have time to eat breakfast - no move</p> <p>You ate a candy bar or donut for breakfast - go back 2 spaces</p> <p>You ate a dairy product for breakfast - move 2 spaces forward</p> <p>Did you get 7-8 hours of rest last night? - If yes, move 1 space forward</p> <p>You ate a grain product for breakfast- move 2 spaces forward</p> <p>You were too sleepy to eat breakfast - go back 2 spaces</p> <p>You planned breakfast the night before - move 3 spaces forward</p> <p>You got up early enough to eat breakfast - move 2 spaces forward</p> <p>You ate cereal with milk - move 3 spaces forward</p> <p>You ate fruit - move 1 space forward</p> <p>Did you wash the fruit you ate? - If yes, move 1 space forward</p> <p>You ate breakfast every morning for the past 3 days - move 5 spaces forward</p> <p>Did you choose a vitamin C rich food today? - If yes, move 1 space forward.</p> <p>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.</p> <p>Did you eat 2 calcium rich foods today? If yes, move 2 spaces.</p> <p>Did you wash your hands before eating? If yes, move 1 space.</p> <p>Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 1 space.</p>				
					