



Breakfast First

Grade Level: Foundational **Lesson Plan Timeframe:** 1-2 days **Topic:** Breakfast's Importance **State:** ID
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Overview & Purpose Students will explore reasons why Breakfast is one of the most important meals of the day.	FCCLA National Program(s) Student Body
Programs of Study Teen Living Nutrition and Foods Adult Living	

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will identify the benefits of breakfast. Students will explore healthy types of foods to eat for breakfast. Students will establish a breakfast plan they can follow for two weeks
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with internet
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	Ask students how they feel physically in their first period class. Record on the board. Prompt if needed by asking how many feel tired? Can't concentrate? Feel weak? All of these can be related to what you are eating or not eating.

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students' research on the internet and in textbooks the benefits of eating breakfast. Have them identify reasons people do not eat breakfast and create a plan to address those reasons. For example- not enough time= get up earlier, or prepare something healthy the night before.</p> <p>Present findings to the class and discuss.</p>
<p>Activity 2 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students create a cookbook/ list of healthy breakfast items complete with recipes, calories and the benefits of the foods.</p> <p>Have students establish a breakfast plan they can follow for two weeks and report their findings at the end of the two weeks.</p>
<p>Activity 3 (Describe the independent activity to reinforce this lesson)</p>	<p>Extension - Have the class present the information they learned to other classes to inform them of the importance of eating breakfast.</p>
<p>Assessment</p>	<p>Class discussion Student presentations</p>
<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>Have students write a page reflection on why eating breakfast is important. What do they plan to do to make sure that they always have a healthy breakfast?</p>
<p>Other Resources</p>	<p>www.webmd.com/diet/features/many-benefits-breakfast</p>
<p>Additional Notes</p>	
<p>Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)</p>	<p>National Spotlight Project</p>

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