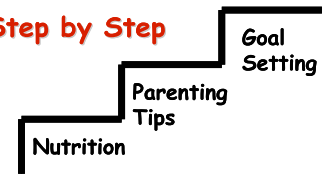


Class Outline and Suggested Activities

Smart Start Breakfasts and Healthy Snacks Do they really matter?

Building Healthy Families:

Step by Step



Handouts

1. Why Breakfast?
2. Why Snacks?
3. Juice or Fruit Drinks?
4. Sugar and Your Health
5. Goal Sheets

Other materials needed

1. Video and VCR player

Conduct Icebreaker/Distribute Materials for Class

- Welcome back to class! I am so glad you are here. Would someone like to share information about last week's goal - Serving the right amounts of food to you family?
 - **Wait for response. Encourage additional comments. Allow about 2 minutes for discussion.**
- What were some problems you had with this goal?
 - **Wait for response. Encourage additional comments.**
- What were some solutions that worked for your family?
 - **Wait for response. Encourage additional comments.**

I think we can all say that change takes time--- but never give up! Congratulations on your successes last week! Any comments on meeting your goals from last week?

Here are the handouts for today's lesson. **(Pass out handouts and thank them for bringing back their notebooks)**

Now, let's start with today's lesson about smart snacks and healthy breakfasts.

Review Materials/Handouts – 10 minutes

Encourage Clients to refer to the handouts that give more information about the topic. Breakfast, Snacks, and Drink Handouts

Here is a review of the information to be covered in class.

Breakfast:

- Breakfast is a very important meal. It gives us the energy and nutrients that we need to start our day.
- It is also very important for children. Children who eat breakfast do better in school.
- Breakfast can include a variety of foods from the MyPyramid food groups.
- It's best to choose low-fat foods for breakfast.

Snacks:

- MyPlate can help you choose healthy snacks.
- Healthy snacks are important for children. They should eat snacks halfway between meals so that they are hungry at mealtime.
- Choose low-fat, low calorie snacks.
- Read the food label (Nutrition Facts panel) to make sure that your snack has at least 2 g of dietary fiber per serving.

Sweetened Beverages-Soda, Fruit Juices and Drinks:

- It is also important for us to drink water during the day.
- Drinks high in sugar add extra calories to our diets.
- Twelve ounces of regular soda has 12 teaspoons of sugar.
- One cup of a fruit-flavored drink such as regular Kool-Aid has 6 teaspoons of sugar.
- Water is good for us and contains no sugar or calories.
- Read the food label (Nutrition Facts panel) to make sure your juice is 100% fruit juice.

Now, it's time for our video. Let's listen to what our moms say about breakfast and snacks.

Watch Video Presentation

- Turn on video.
- Check to be certain all can see and hear the video.

Intermission Discussion 3-4 minutes

1. How many of you can relate to the problem of serving/eating fast and healthy breakfasts?
 - **Wait for response. Encourage additional comments.**
2. Let's use T-A-L-K to think of some solutions for Jamie.

T = Think of the solutions

A = Ask others for help

L = Look at all of the ideas

K = Keep the ones that work best for you. (Jamie)

- **Wait for response. Encourage additional comments.**

3. Let's go back to video and see what these moms say.

Finish Video

Final Discussion- 10 minutes

Well, some of the solutions for a fast and healthy breakfast on the video were the same as yours!

We also saw these moms struggling with issues about healthy snacks, sweetened beverages, portion sizes, getting the most nutrients for the fewest calories, and food labels. And again, how children watch what their parents do. Parents have such an important influence on their children!

1. Can anyone describe some other problems with breakfast or snacks in your home?

- **Wait for response. Encourage additional comments.**

2. What other solutions have you found for some of these problems?

- **Wait for response. Encourage additional comments.**

Goal Setting:

▪ Please turn to the goal sheet for this week. Your goals for this week will help you get your family off to a smart start in the morning, and have smart snacks.

▪ We have three goals for this week: serving breakfast, serving healthy snacks, and serving water instead of sweet drinks to your family.

▪ Think about our lesson and the video today, and some ways that you may help your family achieves these goals. Would someone want to share their ideas with the class for a healthy breakfast?

- **Wait for response. Encourage additional comments.**

▪ For healthy snacks?

- **Wait for response. Encourage additional comments.**

▪ Reducing sweetened beverage (likes cokes) consumption?

- **Wait for response. Encourage additional comments.**
- Now write some solutions for your family at the bottom of your goal sheet.
- This week, see if you can do each of these goals everyday. Remember to mark YES on your goal sheet if you were able to meet your goal for the day.

FOOD PREPARATION ACTIVITY – 20 MINUTES

- Now, let's get to our recipe preparation activity. This week we are preparing “Cinna-Yummy” Rice Cereal/ Gran Apples. These can make great, healthy snacks for your families.
 - Cover food safety tips appropriate for the chosen recipe.
 - Ask what food groups are included in these recipes.
 - Mention how these recipes will be good breakfast or snack foods.
 - Reinforce use of water as beverage between meals.
 - Reinforce correct portion size.
 - Read food labels of foods used.
 - Mention how including children in food preparation from an early age is very important.
 - Mention how recipe NOT prepared is also really good. (Food groups, nutritional value, etc.)

Closing Reminder

Remember to bring your goal sheet and notebook back with you next week.

State the day and time of the next class. Have a great week!

Adapted from Breakfast –A Healthy Way to Start the Day, Choosing Healthy Snacks, and Eating Right and Light lesson.