

DESCRIPTION

Students will discuss the importance of eating a balanced breakfast every day. Students will compare whole fruits and processed fruit juices, complex and simple carbohydrates, minimally processed and processed proteins, and high and low quality fats. Students will use the ĀINA Food Guide to create a balanced breakfast which includes close to the source foods from all the food groups.

TIME: 45 minutes

SUBJECTS: Health

LEARNING OBJECTIVES

After this lesson students will be able to:

- Understand that breakfast is an essential part of a good diet.
- Identify a balanced breakfast as one including whole fruits and vegetables, complex carbohydrates, minimally processed proteins, and high quality fats.
- Create a balanced breakfast using close to the source foods from all the food groups on the ĀINA Food Guide.

ACADEMIC STANDARDS

HE.6-8.1.2, HE.6-8.1.9, HE 6-8.6.2

*A detailed list of the Academic Standards can be found in the Unit Overview document.

LESSON OUTLINE

- I. Introduction (3 minutes)
- II. Three Reasons to Eat Breakfast (7 minutes)
 - Fuel for the Day
 - Clear Concentration
 - A Happy Meal
- III. What Is A Balanced Breakfast? (15 minutes)
 - Protective Whole Fruits and Vegetables
 - Complex Carbohydrates
 - Minimally Processed Proteins
 - High Quality Fats
- IV. Building a Balanced Breakfast (10 minutes)
 - Building a Balanced Breakfast Student Worksheet
- V. Close to the Source Snack (7 minutes)
 - Yogurt Parfaits
- VI. Closing (3 minutes)

KEY TERMS AND CONCEPTS

Balanced Meal – Includes close to the source foods from each food category

Calcium – A mineral that helps keep our bones and teeth strong; found in many foods of animal and plant origin

Carbohydrates – Sugars and starches used by the body for energy

Close to the Source Foods – High quality whole foods that come straight from nature; less processed and usually more nutritious than processed foods

Complex Carbohydrates – Whole grains, starchy vegetables, and natural sugars used by the body for energy

Fat – Used by the body for warmth, protection, and helps keep hair and skin healthy

Fiber – Helps keep the digestive tract healthy; come from plant foods

High Quality Foods – Foods that help your body stay healthy by being less processed and usually higher in nutrients and fiber

Low Quality Foods – Foods that usually contain fewer nutrients and less fiber than their whole-food counterparts

Minimally Processed – Foods that are close to the source, but have changed form slightly, with little added or taken away

Processed Foods – Foods to which sugar, fat, and/or salt have been added, and/or foods whose natural, edible parts have been removed

Protective Foods – Fruits & vegetables that are high in vitamins, minerals, and fiber and protect us from getting sick

Protein – A nutrient that helps us grow and keeps us healthy; found in many foods of animal and plant origin

Simple Carbohydrates – Foods that provide energy that is quickly broken down by the body; contain far less fiber than complex carbohydrates that provide long-lasting energy; frequently found in processed foods

Whole – Foods that have been processed or refined as little as possible

Vitamins and Minerals – Micronutrients found in foods; required by the body to stay healthy.

LESSON MATERIALS

Core Supplies:

- 'ĀINA In Schools apron with name tag
- Laminated 'ĀINA Food Guide Poster & magnets
- Copy of 'ĀINA In Schools Student Workbook
- Knife (plastic lettuce knife)*
- Cutting board
- Non-latex gloves
- Napkins
- Garbage/compost bag

Lesson Supplies:

- Vocabulary Cards (16)
- Balanced Breakfast Food Signs (4):
 - Carbohydrates (whole grain, "brown," and white bread)
 - Protective Foods (whole fruit, juice)
 - Protein (eggs, breakfast sausage)
 - Fats (avocado, margarine)
- Small tasting cups
- Tasting spoons

Teaching Team to Provide:

- Serving tray (or use top of bin as tray)
- Snack ingredients: See quantities below.
- Serving bowls and serving spoons from home

*Please do not bring metal knives on campus. The only knives allowed are those that are plastic and very well attended by an adult.

** Purchase cereals without nuts to decrease allergy concerns.

ACCOMPANYING DOCUMENTS

- Student Worksheet: Building a Balanced Breakfast
- Take Home Letter: Yogurt Parfait Recipe

ADVANCE PREPARATION

- Lead docent to contact teachers to confirm date/time of the lessons.
- Review lesson content, roles and shopping needs with docent team.
- Shop for snack ingredients and review materials needed for lesson.



Balanced Breakfast Food Signs



INGREDIENT QUANTITIES NEEDED

How much to buy	Up to 20 students	Up to 30 students	Up to 40 students
Plain Unsweetened Yogurt (coconut yogurt is an option for students with dairy allergies)	40 oz.	60 oz.	80 oz.
Apple Bananas	10	15	20
Whole Grain Cereal** (14-18 oz. boxes)	1 box	2 boxes	3 boxes
Seeds (pumpkin, sunflower, or flax)	1/2 cup	3/4 cup	1 cup
Hawaiian Honey	1 jar	1 jar	1 jar

BACKGROUND INFORMATION

The Importance of Eating Breakfast:

- Kids who eat breakfast behave better in school and have reduced rates of tardiness and absenteeism.
- Up to 30% of adults aged 18-35 skip breakfast. Other meals eaten during the day do not compensate for vitamins and minerals missed when breakfast is skipped.
- Breakfast skippers have lower energy reserves available for cognitive function or memory, making them more tired and less likely to learn.
- People who eat breakfast have higher daily intakes of vitamin D, many B vitamins, as well as calcium and iron.
- Kids who eat breakfast consume more calories per day than their breakfast-skipping peers; yet experience lower rates of overweight and obesity.
- Regular breakfast eating is associated with improved diet quality and healthier food choices throughout the day.



Does the *type* of breakfast make a difference?

- Kids who eat a balanced breakfast have an easier time learning than kids who skip breakfast. They are able to concentrate on learning, make fewer errors, score higher on tests, are more creative, and work faster.
- Kids who eat low quality breakfasts are more likely to be lacking key nutrients and at greater risk for negative health outcomes than kids who eat a balanced breakfast.
- Kids who eat a breakfast made up of whole grains and complex carbohydrates (like oatmeal) scored better on memory tests than those who eat sugary cereal or no breakfast.
- Students who ate breakfast with higher amounts of fruits and vegetables and lower amounts of saturated fats perform better on academic assessments.



- The consumption of minimally processed proteins for breakfast is correlated with improved cognitive function and positive impact on memory.
- A balanced, close to the source breakfast is an excellent way for kids to get important nutrients and fuel to start their day.

What does a Balanced Breakfast include?

- Whole fruits and whole vegetables – Protective Foods
- Complex carbohydrates (whole grains, whole starchy fruits and vegetables) – Energy Foods
- Minimally processed protein (nuts, seeds, eggs, breakfast meats, soy) – Body-Building Foods
- High quality fats (avocado, nuts, oils) – Brain Foods



Sugar in Breakfast Cereals



Cereals marketed specifically to kids are highly processed and filled with sugar. A 2011 Environmental Working Group report found that 44 brands of children's cereals had more sugar per 1 cup serving than three Chips Ahoy! cookies! When selecting a breakfast cereal, look for: a short ingredient list, few or no added sugars, and a high fiber content. Healthier cereals are usually found on the top shelves of the cereal aisle.

Busy morning breakfast tips

- **No time to cook?** Build a breakfast around foods that are ready to eat such as seasonal fresh fruit and nuts, plain yogurt with flax seeds and berries, cheese, or even leftover dinner!
- **Running out the door?** Try celery stuffed with peanut butter, trail mix with nuts and dried fruit, scrambled egg on whole-grain toast, or spread a toaster waffle with your favorite nut butter.

BACKGROUND INFORMATION

CONTINUED

- **Not hungry yet?** Something small is better than nothing but make sure it has quality that counts. Start out with a piece of fresh fruit then pack a mid-morning snack with a combination of minimally processed protein and high quality fats such as a slice of deli meat, hard-boiled egg, sunflower seeds or whole grain crackers and hummus.



References:

“Effect of breakfast composition on cognitive processes in elementary school children”: doi.org/10.1016/j.physbeh.2005.06.023

“The effects of breakfast on behavior and academic performance in children and adolescents”: doi.org/10.3389%2Ffnhum.2013.00425

“Sugar in Children’s Cereal”: ewg.org/report/sugar_in_childrens_cereals

INTRODUCTION

3 MINUTES

"Hello again, we are..."

"Do you remember our last lesson? We learned about close to the source foods and why they are important. We explored the five food groups of the 'ĀINA Food Guide which is a great tool for eating well and staying healthy."

"And who can remember the close to the source snack that we tasted last time that included an ingredient from each food group on the 'ĀINA Food Guide?"
Ask for answers.



Poi smoothie!

"Today's lesson will incorporate what you've learned so far about close to the source foods, and why eating a balanced breakfast every day is so important."

"At the end of our lesson you will get to prepare a close to the source snack that is an example of a balanced breakfast"

"Let's get started!"

THREE REASONS TO EAT BREAKFAST

7 MINUTES

"Raise your hand if you ate breakfast this morning"
Wait for a show of hands.

"Some of us may not have eaten breakfast today, or there may be some of us who don't eat breakfast on any day. Either we sleep in late, or we're in a big hurry, or we just don't make time to eat in the morning. Does anyone remember how they felt on a day that they skipped breakfast?"

Desired answers: Hard to concentrate, felt grouchy, hungry, tired.

"There are many reasons why breakfast is the most important meal of the day!"



Fuel for the Day – *"After we wake up, our bodies are ready for fuel. We've been sleeping all night and that's a long time without food. In the morning, we need long-lasting energy, and close to the source foods will give us that energy!"*

Clear Concentration – *"Breakfast feeds your brain. The food we eat at breakfast helps our brains to concentrate so that we can learn, and close to the source food is the best food for our brain."*



A Happy Meal! – *"Eating a healthy breakfast will affect how you feel all day long. Close to the source food gives our body the nutrients it needs so that we are feeling good and ready to learn."*



WHAT IS A BALANCED BREAKFAST?

15 MINUTES

Today we are going to learn what goes into a **BALANCED Breakfast**. A **BALANCED MEAL** includes **CLOSE TO THE SOURCE** foods from each food category.

"We have discussed the term **CLOSE TO THE SOURCE** a few times now. Who can remember what "close to the source" means?"

Desired answers: Minimally processed, high quality, healthy, close to natural form. Praise students for any of these answers.

"Right!! I can tell you've been listening!"

"It is important to choose high quality **CLOSE TO THE SOURCE** foods for breakfast because we want high quality energy and high quality thinking, right?"

"Besides choosing **CLOSE TO THE SOURCE** foods for breakfast, it is also important to try to include a food from each section of the ĀINA Food Guide. By including foods from each section and combining them into one morning meal, we will have long-lasting energy."

"Did the poi smoothie we tasted in our last lesson include foods from all the categories on the ĀINA Food Guide?" Yes!



"Yes, the smoothie contained **CLOSE TO THE SOURCE** foods from all sections of the Food Guide: berries, bananas, poi, soy milk, coconut milk, and honey."

"The berries and bananas contributed many vitamins and minerals which is why we call them **PROTECTIVE FOODS**. Poi is made from a starchy vegetable called taro or kalo, making it a carbohydrate-rich **ENERGY FOOD**! The soy milk contained protein and calcium, both **BODY-BUILDING FOODS**. The coconut milk contained high quality fat, and these types of fats are **BRAIN FOODS**. And we put some honey into our smoothie which added sweetness! Honey is a natural sugar, so it is a **CLOSE TO THE SOURCE CAUTION FOOD**."

"Let's talk about **WHOLE Fruits and Vegetables**, **CARBOHYDRATES**, **PROTEIN**, and **FATS**, and why it's important to combine all of these in a **BALANCED** breakfast. We'll discuss fruits and vegetables first."

Whole Fruits and Vegetables

"Fruits and vegetables are **PROTECTIVE FOODS** that have vitamins, minerals, and fiber to help us to fight off illness. They also give us energy to help us get through the day. We want to make sure we get **CLOSE TO THE SOURCE**, **WHOLE** fruits and vegetables in each of our meals."

"Who can give some examples of **WHOLE** fruits and vegetables?" Entertain a few answers.

"We are encouraging you all to eat **WHOLE** fruits and vegetables instead of juices or other processed foods because **WHOLE** fruits and vegetables have all the **VITAMINS** and **MINERALS** still in them, and nothing has been taken out through processing. They also contain **FIBER**. **FIBER** slows down our digestion so that the energy from the food we just ate lasts longer. **FIBER** also helps to keep our intestines clean by being our body's broom!"

Hold up the fruit/juice picture.

"Which **PROTECTIVE FOOD** is less processed and **CLOSEST TO THE SOURCE**?" Whole fruit = closer to the source.



Balanced Breakfast Food Sign

WHAT IS A BALANCED BREAKFAST?

CONTINUED

Complex Carbohydrates

“CARBOHYDRATES give us energy. Some CARBOHYDRATES give us long-lasting energy, making them higher in quality. They are called **COMPLEX CARBOHYDRATES** and they include close to the source foods such as whole grains, starchy vegetables and fruits that make up the ENERGY FOODS group.”

“Can anyone give me some examples of COMPLEX CARBOHYDRATES from the ENERGY FOODS group on your ‘ĀINA Food Guide?”

Examples include foods made with whole grains like bread, pasta, and crackers; brown and wild rice; starchy vegetables like taro, yams, sweet potatoes, and corn.

“An important thing to remember about eating complex carbohydrates is that the ENERGY they give you will last a long time. This is because complex carbohydrates also have FIBER!”

“There are other carbohydrates called SIMPLE CARBOHYDRATES that give us short bursts of energy, but then leave us feeling tired or grouchy if we don’t eat any other high quality food at the same time. These types of foods often are far from the source processed foods and have added sugar, like some breakfast cereals or sugary juice drinks.”

Hold up the white/brown/whole grain bread picture.

“Which ENERGY food is CLOSER TO THE SOURCE? Raise your hand if you think it is the brown bread in the middle? The white bread on the right? The whole wheat bread on the left?” Desired answer: whole grain bread = CLOSE TO THE SOURCE.

“If you chose the whole wheat bread you are right!”



Balanced Breakfast Food Sign

Explain:

- “Whole grain bread is a CLOSE TO THE SOURCE food which makes it a COMPLEX CARBOHYDRATE FOOD. It is made from WHOLE wheat, which still has its VITAMINS, MINERALS, and FIBER because nothing was done to the wheat before making bread out of it. The bread wrapper label lists the word “WHOLE” as one of the first few ingredients.”
- “The white bread is more PROCESSED and farther from the source making it a SIMPLE CARBOHYDRATE food. White bread is made from wheat flour, from which the “brown” fiber portion of the wheat grain has been removed. Removing the “brown” fiber portion of the wheat before making it into flour also removes the vitamins and minerals.”
- “Watch out for brown-colored bread! Sometimes brown sugar syrup or molasses is used to turn white bread into brown-colored bread, but this is not “whole grain” bread. The next time you see a loaf of bread, check out the ingredients and see if you can find the word “whole” which will tell you if it is close to the source or not.”

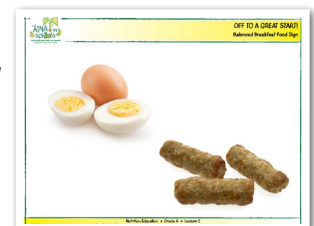
“Now let’s talk about protein.”

Minimally Processed Proteins

“PROTEIN is a BODY-BUILDING FOOD, but eating protein in the morning is especially important because it helps us to concentrate, think clearly, be creative, and feel more awake during the day.”

Hold up the egg/breakfast sausage picture.

Ask, “Which BODY-BUILDING FOOD containing protein is less processed and CLOSEST TO THE SOURCE?” Egg = closer to the source.



Balanced Breakfast Food Sign

Explain:

- “This hard-boiled egg has a lot of protein and the only thing that has been done to it, was boiling, which makes it MINIMALLY PROCESSED and CLOSEST TO THE SOURCE.”

- “Sausage typically has a lot of protein as well, but it has many added ingredients such as sodium and artificial flavors which make it more PROCESSED and farther from the source.”

“Great! Now we’ll talk about fats.”

High Quality Fats

“FATS contain lots of energy and they also help us feel satisfied when we eat. FATS are very important because they help our bodies absorb some vitamins and they keep our skin and hair healthy. They also keep our brain healthy! One important thing to remember is that there are HIGH QUALITY FATS and LOW QUALITY FATS. HIGH QUALITY FATS make up the BRAIN FOOD category of the ĀINA Food Guide.”



Hold up the avocado/margarine picture.

Ask, “Which fat-containing food is the higher quality BRAIN FOOD?” Answer: avocado = higher quality = closer to the source.



If you said avocado, you’re right!

Balanced Breakfast Food Sign

“Fats from plants are CLOSE TO THE SOURCE and generally higher in quality. HIGH QUALITY FATS are found in plant foods like avocados, olives, nuts, and seeds. HIGH QUALITY FATS also come from fish.”

“This avocado is CLOSE TO THE SOURCE—nothing is taken away or added—and the kind of fat it contains is very good for our bodies.”

“LOW QUALITY FATS are fats that have been processed, such as margarine. Although margarine is derived from vegetable fats, it is highly PROCESSED and changed from its natural form. It has had several ingredients added to it and is much farther from the source than the avocado.”

“Other examples of LOW QUALITY FATS are breakfast sausage, canned meats and mayonnaise. These foods have a lot of additives and therefore, are very PROCESSED foods. Many of these foods are in the CAUTION FOOD category. **As with all caution foods, it is okay to eat these foods sometimes, but eating these foods too often or in large amounts don’t contribute to good health.**”

DOCENT NOTES

This point about caution foods is an important one to make – it helps to alleviate any negative feelings or peer pressure if a student comes to school with a lower quality food.

“Who can give me an example of a fat that we would want to include in a CLOSE TO THE SOURCE BALANCED breakfast?”



Desired answers: peanut butter, soy milk, tofu, avocado, nuts.

“Right! Eating HIGH QUALITY FAT is an important part of a CLOSE TO THE SOURCE BALANCED breakfast.”

So let’s review what makes up a BALANCED breakfast:

- WHOLE Fruits and Vegetables from the PROTECTIVE FOODS group
- COMPLEX CARBOHYDRATES from the ENERGY FOODS group
- MINIMALLY PROCESSED PROTEINS from the BODY-BUILDING FOODS group
- HIGH QUALITY FATS from the BRAIN FOODS group

All of these foods should be CLOSE TO THE SOURCE to be the best fuel for our bodies in the morning.

“Now let’s move on to our activity.”

BUILDING A BALANCED BREAKFAST

10 MINUTES

Guide the students in planning a balanced breakfast using their Building a Balanced Breakfast Student Worksheet and the 'ĀINA Food Guide.

"On your worksheets you're going to plan a high quality, BALANCED breakfast."

"Create a BALANCED breakfast containing close to the source foods and remember, a BALANCED MEAL means that foods from each category are eaten in the same meal. Besides the foods on your worksheet you can also use your 'ĀINA Food Guides for ideas."



If there is time, students may share their breakfast menus with the class.

Praise the class for participating.

DOCENT NOTES

- Be available for questions as students complete their worksheets.
- Assistant Docents may begin preparing yogurt cups for the parfaits.

Student Worksheet
BUILDING A BALANCED BREAKFAST
Lesson 2 - Off to a Great Start!

Name: _____ Class: _____ Date: _____

Use the lists below and your 'ĀINA Food Guide to plan two balanced breakfasts.

Breakfast #1
Whole Fruit or Vegetable: _____
Complex Carbohydrate: _____
Minimally Processed Protein: _____
High Quality Fat: _____

Breakfast #2
Whole Fruit or Vegetable: _____
Complex Carbohydrate: _____
Minimally Processed Protein: _____
High Quality Fat: _____

PROTECTIVE FOODS Whole Fruits & Vegetables	ENERGY FOODS Complex Carbohydrates	BODY-BUILDING FOODS Minimally Processed Protein	BRAIN FOODS High Quality Fats
Banana	Whole grain bread	Eggs	Avocado
Strawberries	Brown rice	Peanut butter	Olive oil
Spinach	'Ulu - Breadfruit	Yogurt	Pumpkin seeds
Orange	Kalo	Fish	Nuts
Guswa	Whole grain tortilla or pancakes	Milk	Flax seeds
Carrots	Whole grain hot cereal like oatmeal	Tofu	Peanut butter
Kale	Sweet potato	Cottage cheese	Almond butter
Papaya			

Nutrition Education • Grade 6 • Lesson 2
Page 6

Building a Balanced Breakfast
Student Worksheet

CLOSE TO THE SOURCE SNACK

7 MINUTES

DOCENT NOTES

- Point out that anyone with a known allergy to any of the food items should not touch or sample it. By this age, kids should know this about themselves, but please bring it to the attention of the teacher who can make sure that any students with known allergies or intolerances do not receive snacks.
- You may use the Lesson Supply Bin lid as a serving tray.
- Give a snack to the teacher and any other classroom aides.
- Please refrain from verbalizing your own food preferences and be aware of your body language and facial expressions. These subtle cues have a big impact on a child's willingness to try foods!
- Encourage the students to try the snack. Remind them of the "no yuck" rule: they can choose not to try any foods they wish, but if they do try them, they must keep their personal opinions to themselves.

As much as possible, let the students participate in preparing their parfaits. Docent teams can plan to set up a parfait bar where student add toppings to the yogurt you've portioned out ahead of time. Docents may need to assist with the honey topping.

Tell the students that they are lucky today because they get to taste a yummy, balanced, close to the source breakfast snack that contains whole fruit, complex carbohydrates, minimally processed protein and high quality fat.

ĀINA VIDEOS

Check out the ĀINA Videos for discussions on key concepts and directions to make the ĀINA Close to the Source Snacks: kokuahawaiifoundation.org/ainavideos

This Close to the Source Snack includes:

- Unsweetened yogurt – a **BODY-BUILDING FOOD** that provides minimally processed protein
- Sliced local apple bananas – a **PROTECTIVE FOOD** that has vitamins and minerals
- Whole grain cereal or granola – an **ENERGY FOOD** that provides complex carbohydrates for long lasting energy
- Flax seeds – a **BRAIN FOOD** with high quality fats
- Hawaiian honey – a little **CAUTION FOOD** with natural sugar



Yogurt Parfait Making Instructions:

1. In a clear cup or bowl, add yogurt, bananas, and granola in layers.
2. Sprinkle a tablespoon of pumpkin or flax seeds.
3. Top off with a drizzle of local honey.



CLOSING

3 MINUTES

Provide a quick review:

- Three reasons to eat breakfast:
 - Breakfast fuels your body
 - Breakfast helps you concentrate
 - Breakfast keeps you happy
- A BALANCED breakfast includes:
 - WHOLE fruits and vegetables from the PROTECTIVE FOODS group
 - COMPLEX CARBOHYDRATES from the ENERGY FOODS group
 - MINIMALLY PROCESSED PROTEINS from the BODY-BUILDING FOODS group
 - HIGH QUALITY FATS from the BRAIN FOODS group
- A BALANCED breakfast is important to eat every day.



Describe the Take Home Letter:

- Encourage students to make the yogurt parfait recipe at home with their families.
- Encourage students to create their own recipes for a balanced breakfast. Students may use the ĀINA Recipe Challenge form at the end of their ĀINA Nutrition Student Workbooks to share their creations. Kōkua Hawai'i Foundation will select recipes to feature in future blog posts, newsletters, and cookbooks.

Thank the students for doing such a great job!

THANK YOU!

DOCENT NOTES

- **Pack your trash!** Please leave the classroom cleaner than you found it by removing all lesson-based trash. We don't want to add any burden or extra trash for the teachers or custodians so please do not throw away any trash in the classroom garbage. Instead:
 - Collect sampling cups and any leftovers.
 - Use the garbage bag in the Lesson Supply Bin to remove all lesson-related food items from the classroom.
- Please do not leave any food in the supply bin. Perishable props have been known to get moldy and smelly when left in the bin after the last lesson.
- Please complete your online docent survey for this lesson. This is valuable feedback that helps to improve our program.
- Please collect any ĀINA Recipe Challenge submissions and turn in to KHF staff at the next docent training.

ADDITIONAL RESOURCES

Books

- ***The Super Crew's Breakfast Cookbook for Kids: 50 Tasty Recipes + 100 Fun Nutrition Activities* by Melissa Halas**
Written by a pediatric nutritionist, this book includes 50 recipes and 100 nutrition activities centered on healthy breakfasts for kids.

Videos

- **“ĀINA In Schools Close to the Source Snack Yogurt Parfait,” Kōkua Hawai'i Foundation:** kokuahawaiifoundation.org/ainavideos
This short video shows how keiki easily can make their own yogurt parfaits and discusses the importance of eating a balanced breakfast with ingredients from each food group.
- **Dragonfly TV: Breakfast Science:** pbslearningmedia.org/collection/healthy-living/
Students Cameron and Ashley conduct an experiment to determine if skipping breakfast affects their schoolmate's performance on tests.
“Why Should Kids Eat Breakfast?”: [youtube.com/watch?v=amCu4IOdtKU](https://www.youtube.com/watch?v=amCu4IOdtKU)
A dietitian shares reasons kids should eat breakfast and tips to make breakfast easier for families.

Additional Resources

- **“The Case for Eating Breakfast,” American Academy of Pediatrics:** healthychildren.org/English/healthy-living/nutrition/pages/The-Case-for-Eating-Breakfast.aspx
A short article for parents on the importance of breakfast.
- **“Breakfast,” Kids Health from Nemours:** kidshealth.org/kid/nutrition/food/breakfast.html
A short article for kids on the importance of a healthy breakfast.
- **“Quick and Nutritious Breakfast Ideas for Teens,” Verywell Family:** verywellfamily.com/healthy-breakfast-ideas-for-teens-2608854
- **“17 Back to School Breakfast Recipes,” Spoon University:** spoonuniversity.com/recipe/17-back-to-school-breakfast-recipes
A collection of tasty and creative recipes ranging from overnight oats to banana-oat chocolate chip cookies to sweet potato breakfast bowls.

Find more at
kokuahawaiifoundation.org/ainalessons