CFAES

OHIO STATE UNIVERSITY EXTENSION

4-H 487

Take a Break for Breakfast

Name: _____

Age (as of January 1 of the current year): ____

County: _____

Club Name: _____

Advisor: _____

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

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Member Project Guide

Welcome to *Take a Break for Breakfast*! This project is for beginning-level youth who want to start their mornings with delicious and nutritious breakfasts. Learn how to combine the five basic food groups—fruits, vegetables, grains, protein, and dairy—to give your body and mind the nutrients needed for energy and mental alertness. Whether going to school, a job, or even on vacation, a good breakfast sets you up for a successful day.

Check your county's project guidelines (if any) for completion requirements in addition to the ones below, especially if you plan to prepare an exhibit for the fair.

Project Guidelines

Step 1: Complete **all five** activities and all of the Talking It Over questions.

Step 2: Take part in **at least two** learning experiences.

Step 3: Become involved in **at least two** leadership/citizenship activities.

Step 4: Complete a project review.

Step 1: Project Activities

Complete **all five** activities. The More Challenges activities are optional. As you finish activities, review your work with your project helper and ask him or her to initial and date your accomplishment. When activities offer more than one recipe, you need to make only one. Fill in the names of the recipes you make in the blanks below.

Feel free to modify or replace recipes in this book to accommodate any food allergies you or your family may have. During your project review or at a judging event, be sure to talk about your substitutions.

Activity	Date Completed	Project Helper Initials
1. The Importance of Breakfast		
Recipe: Simple Granola		
2. Fruits and Veggies		
Recipe:		
3. Protein, Fruits, and Veggies		
Recipe: Avocado Toast		
4. Protein and Grains		
Recipe:		
5. Breakfast Around the World		
Recipe: The Scrambler		

Step 2: Learning Experiences

Learning experiences complement project activities, providing the opportunity for you to do more in subject areas that interest you. What are some learning experiences you can do to show the interesting things you are learning about? Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech related to nutrition.
- Help organize a club meeting based on this project.
- Go on a related field trip or tour.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.

Once you have a few ideas, record them here. Complete **at least two** learning experiences. Then, describe what you did in more detail. Ask your project helper to date and initial in the appropriate spaces below.

Plan to Do	What I Did	Date Completed	Project Helper Initials
Demonstration	*Talked about what vitamins and minerals are and why they are important.*	*5/15*	*R.J.*

Step 3: Leadership and Citizenship Activities

Choose **at least two** leadership/citizenship activities from the list below (or create your own) and write them in the table below. Record your progress by asking your project helper to initial next to the date as each one is completed. You may add to or change these activities at any time. Here are some examples of leadership/citizenship activities:

- Teach someone about the importance of breakfast.
- Help another member prepare for his or her project judging.
- Host a workshop to share tips about cooking breakfast and combining food groups.
- Encourage someone to enroll in a food and nutrition project.
- Arrange for a nutritionist or chef to visit your club.
- Plan your own leadership/citizenship activity.

Leadership/Citizenship Activity	Date Completed	Project Helper Initials
Ex. Organized a club field trip to a restaurant for breakfast where we ordered from all the food groups.	*6/12*	*R.J.*

Step 4: Project Review

After you've completed the activities in this book you are ready for a project review. This process will help assess your personal growth and evaluate what you have learned.

Use this space to write a brief summary of your project experience. Be sure to include a statement about the skills you have learned and how they may be valuable to you in the future.

Now, set up a project evaluation. You can do this with your project helper, club leader, or another knowledgeable adult. It can be part of a club evaluation or it can be part of your county's project judging.

Activity 1

The Importance of Breakfast

Do you know about the five basic food groups? They are fruits, vegetables, grains, protein, and dairy. Each group helps your body and mind work their best. In which groups do the foods you usually eat belong? Keep a breakfast diary to find out.

Learning Outcomes

Project skill: Keeping a breakfast diary · **Life skill:** Making healthy lifestyle choices · **Educational standard:** NHES 1.8.1 Analyze the relationship between healthy behaviors and personal growth. · **Success indicator:** Tracks food groups eaten at breakfast

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What to Do

Estimated time: A few minutes each of the seven days and time to make the recipe.

Ask your parent or guardian to agree to eat breakfast with you each day for one full week. This may be hard with a busy schedule, but you can do it! Keep track of what you eat, and then circle the food groups included in your meals.

Day	Breakfast Diary	Circle the food groups your breakfast included.				
Sunday		Fruits	Veggies	Grains	Protein	Dairy
Monday		Fruits	Veggies	Grains	Protein	Dairy
Tuesday		Fruits	Veggies	Grains	Protein	Dairy
Wednesday		Fruits	Veggies	Grains	Protein	Dairy
Thursday		Fruits	Veggies	Grains	Protein	Dairy
Friday		Fruits	Veggies	Grains	Protein	Dairy
Saturday		Fruits	Veggies	Grains	Protein	Dairy

Talking It Over

SHARE Which food group was represented the most in your breakfasts? Which one was represented the least?

REFLECT Breakfast is called the most important meal of the day. What makes this statement true?

GENERALIZE Was it easy or difficult for you and your parent or guardian to eat breakfast for seven days in a row? Explain.

APPLY Name at least one thing you can do to help make sure you eat a variety of foods for breakfast?

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More Challenges

When you skip breakfast, your brain does not have the fuel it needs for school or work. Look online for at least three reasons to "fill your tank" by eating breakfast. Share what you find with club members.

Background

Skip breakfast? No way! Did you ever stop to think about how long your body goes without food from dinner one night to breakfast the next morning? Let's say you have dinner at 6 o'clock on Monday night and you don't eat breakfast until 7 o'clock on Tuesday morning. That's 12 hours without anything to keep your body going. No wonder they say breakfast is the most important meal of the day!

Breakfast means to break your fast from not eating all night. Studies show eating breakfast gives us needed energy to start the day. Eating breakfast also helps us stay alert, contribute more, and do better in school. While you sleep, your body's activities slow down. You need food and nutrition first thing in the morning to help your body wake up and get moving. If you sleep in, skip breakfast, and do not eat until lunchtime, your body has to go 18 hours without food. This tends to make us tired, less alert, and even grouchy. That is your body's way of saying, "I need a fill-up!"

If you think you don't have time for breakfast, think again. Anything is better than nothing. Grab an English muffin with peanut butter, a hard-boiled egg, or even a leftover slice of pizza as you head out the door. You also can set yourself up for success by preparing something the night before.

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Food Safety Tip

Always wash your hands with hot, soapy water for at least 20 seconds before and after handling food.

Recipe

Simple Granola

½ cup brown sugar
½ cup honey
¼ cup canola oil
4 cups old fashioned oats
½ teaspoon cinnamon
¼ teaspoon salt

1. Preheat oven to 250°F.
2. Combine brown sugar, honey, and oil in a small saucepan over medium heat.
3. Cook, stirring often until sugar is dissolved.
4. Pour brown sugar mixture over oats and add cinnamon and salt. Stir until oats are evenly coated.
5. Spread granola mixture onto a cookie sheet sprayed with cooking oil and press mixture down.
6. Place in oven and bake for 1 hour, stirring every 15–20 minutes.
7. Remove from oven and allow to cool completely before breaking apart into pieces.

Makes 8 servings (½ cup each).

Source: Ohio State University Extension

Nutrition Facts

Serving size: 1/2 cup (60g)
Servings Per Recipe: 8

Amount Per Serving	
Calories 240	Cal. from Fat 50
	%Daily Value*
Total Fat 6g	**8%**
Saturated Fat .5g	**4%**
Trans Fats 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 4g	**15%**
Sugars 15g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%

*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Notes for Next Time

Did the recipe turn out the way you expected? (Circle one) **Yes** **No**

Be as specific as possible when answering the questions below. Consider the food's color, texture, taste, temperature, seasoning, appearance, and anything else that affects its overall appeal.

What do you like about this recipe?

What do you dislike about this recipe?

What, if anything, would you do differently if you made this recipe again?

Did you know?

According to the Mayo Clinic, the first assignment of any school day is to eat breakfast. To "fire up a day of learning," have a breakfast that includes protein and good carbs, like whole grains, and fruits and vegetables. Be careful not to load up with a lot of syrup or sugar.

Resources

On YouTube, search for and watch the Move Your Body video by Beyonce. You won't be able to stay in your seat!