

## Spotlight on Breakfast

- **Intro:** Welcome participants – Ask if they had breakfast this morning.  
What do you usually eat for breakfast? **(2-5 min)**  
How much time do you spend preparing breakfast?  
Why do people sometimes skip breakfast?
- **Benefits of Eating Breakfast** **(3-5 min)**  
Discuss the importance of eating breakfast
  - ~Provides energy to start your day so you are alert and ready to go
  - ~Helps increase your concentration (can't focus with a hungry stomach)
  - ~People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals
  - ~Helps maintain a healthy weight (prevent you from snacking on high fat/high sugar foods later)

Discuss how to add breakfast to your day

  - ~Plan ahead. Decide what you are going to eat the night before. You can save time by putting out the box of cereal or cutting up some fruit the night before.
  - ~Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 10-15 minutes or less.
- **Quick and Healthy Breakfast** **(10-15 min)**  
Discuss breakfast ideas
  - ✓ Pick 2-3 foods especially from the following food groups:
    - Grains group (i.e. cereal, oatmeal, toast, muffin)  
Good time to add **whole grains** (look at whole grain visuals)  
Discuss whole grain breakfast cereals (label & whole grain stamp) Discuss label (sugar & fiber)
    - Dairy group (i.e. low-fat yogurt, low-fat milk)
    - Fruit group (i.e. bananas, apples, 100% juice)
  - ✓ If you have kids, look into the school breakfast program.

Ask the participants to brainstorm examples of a healthy breakfast.  
Leftovers can make a good breakfast too.

**~Closing~ Thank Participants for coming**