

## Grade 5 Health

### Personal Wellness

#### **GCO: B5 - Identify strategies for increasing frequency of breakfast consumption**

##### **Materials:**

- Evaluation checklist
- Canada's food guide for each student
- White paper for each student
- Drawing materials for each student

##### Evaluation Legend:

- Got it: ✓
- Almost: ?
- Not quite there/Needs more practice: ✕

### Student Names

<b><u>Questions:</u></b>	<b><u>Answer Examples:</u></b>	_____	_____	_____
What is breakfast?	-First meal of the day - Most important meal of the day - What 'fills your tank' in the morning			
What is a good breakfast?	- Juice, toast, fruit, healthy cereal, oatmeal, bagel, english muffin, eggs, turkey bacon, ham, nuts, cheese, yogurt, milk, pancakes, waffles, smoothies, etc. (unconventional breakfast: grilled cheese, leftovers, etc - ensure that they			

	address at least 2 food groups)			
What is one obstacle to eating breakfast?	<ul style="list-style-type: none"> <li>- No time</li> <li>- Don't like breakfast</li> <li>- No food</li> <li>- No one to make it</li> <li>- Have to get up too early</li> <li>- Don't know what to eat</li> <li>- Etc.</li> </ul>			
What is one solution?	<ul style="list-style-type: none"> <li>- Set your alarm earlier/get up earlier</li> <li>- Make breakfast the night before</li> <li>- Have 'quick food' like a granola bar or fruit</li> <li>- Eat breakfast on the go (way to school, on the bus)</li> <li>- Eat breakfast with your whole family</li> <li>- Etc.</li> </ul>			
Draw a photo of a balanced breakfast?	- Should include at least two items from Canada's food guide			
Is it important to eat breakfast on the weekends?	Yes			
Should adults eat breakfast?	Yes, it is important for people of all ages.			
Use Canada's food guide to point out some of the important food groups to include at breakfast and give an example from each	<ul style="list-style-type: none"> <li>- Grains: toast, cereal, bagels, etc.</li> <li>- Vegetables &amp; Fruits: apples, oranges, bananas, berries, etc.</li> <li>- Milk/alternatives: Yogurt, milk, cheese, etc.</li> </ul>			

group.	- Meat/alternatives: eggs, nuts, peanut butter, etc.			
How often do you eat breakfast (how many times a week)?	Subjective: 0-7			
If you do skip breakfast, why?	Subjective, acceptable answers: - No time - Don't like breakfast - No food - No one to make it - Have to get up too early - Don't know what to eat - Etc.			
What can you teach your parents about breakfast?	- It is important to eat breakfast - We should eat breakfast as a family more often - There are many different kinds of breakfast foods, some are... - We should get up earlier to make sure we eat breakfast - We should buy breakfast food - We should even eat breakfast on the weekends. - Etc.			