

Lesson 3 – Breakfast

Purpose: To teach the importance of eating breakfast and how to plan a balanced breakfast.

Instructor’s Note: Breakfast can supply important nutrients such as vitamins, minerals and fiber. People who skip breakfast miss important nutrients that they may not make up for later in the day.

A balanced breakfast includes foods from at least three of the four food groups in *Canada’s Food Guide to Healthy Eating*. Breakfast provides energy for children and adults and helps them stay alert in the morning.

Activity 1

Literacy Stage 1

1. Explain that a balanced breakfast should have food from at least three out of the four food groups.
2. Split the class into groups of three to five learners. Hand out a variety of food models or pictures to each group. Ask them to select food models to make a balanced breakfast.
3. Have the groups talk about their food choices.



**You will need
for Activities 1 and 3:**
Food models or food
pictures from magazines
or flyers

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Lesson 3 – Breakfast continued...



Activity 2

Literacy Stage 2

1. Talk about healthy breakfast food choices. Ask learners what they eat for breakfast?
2. Hand out [Activity Sheet 2.3: Balanced Breakfast](#). Have the learners write the name of the food under each picture. Ask learners to circle the foods that would make a balanced breakfast.
3. Ask learners to read their choices out loud and say why they made those choices.

Note: For some learners, especially new Canadians, the foods on this activity sheet may not be typical. If this is the case, ask the learners to describe their typical breakfast. Ask them to decide if it is a balanced breakfast. If not, what could they add?

Activity 3

Literacy Stage 3

1. Give each learner some food models or pictures. Ask learners to choose foods from each food group that would make a nutritious breakfast to take to work or school.
2. Ask learners to write three different breakfast menus.
3. Ask each learner which menu they prefer and why.


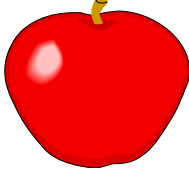
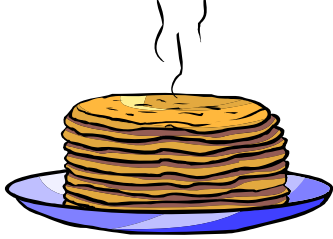




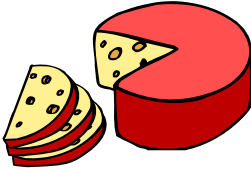
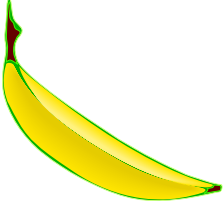


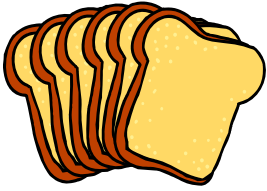


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Balanced Breakfast

Circle the foods that would make a balanced breakfast. Write the name of the food under the picture.

 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____