Breakfast

View the video "Build a Balanced Breakfast" and answer the following questions in complete sentences..

1. What does the word breakfast mean?

2. What's wrong with eating simple carbohydrates for breakfast?

3. Explain the 3 out of 5 model and illustrate the formula in the space below.

4. Why is this model/formula recommended? Provide at least 4 reasons.

5. Which nutrient do most of us inadequately consume at breakfast?

6. Provide 5 food examples that provide the inadequate nutrient from question #5.

7. Provide 5 benefits of eating breakfast every day.

8. Case Study: What's wrong with this breakfast?

   Everyday Larry eats 4 Frosted Brown Sugar Pop-Tarts to start his day.

Based on the video you just watched and what you know about nutrition, what's wrong with Larry's breakfast habit? Analyze the potential effects of this breakfast habit in the following areas….

Nutritionally--

Physically & Overall Health-

Mentally--

Emotionally/Socially--

Financially--

9. Explain how the above effects might change if Larry was…

- an elementary aged child?

- a teenager?

- a 50 year old man?

Five Days of Easy & Nutritious Breakfasts

Help Larry! Develop five days of easy, nutritious breakfast meals that include a lot of variety and can be prepared in 15 minutes or less. Each meal needs to represent the 3 out of 5 model from MyPlate and the breakfast video (no examples from the video may be used). Use the internet to help you find ideas. Create your menu plans using Google Slides following the below format.

- Day # of Meal: Title of Breakfast Meal & Photo
- Include time needed to prepare
- Identify all food groups used in meal, connecting to specific ingredients
- Hyperlink your source or recipe to the name of the breakfast meal

Example: YOU MAY NOT USE THIS ONE

Day 1: Whole wheat toast with peanut butter and banana slices

 •Prep Time=5 minutes

 •Toast=Grains/Carbohydrates, Bananas=Fruit, Peanut Butter=Protein

Rubric:

5 Days (#;s) of Meals with Titles, Prep Times (within 15 minutes) & image	____/12
Sources of Meal Ideas Hyperlinked	____/5
Each meal follows the 3 out of 5 model & is well explained	____/15
Free of spelling & grammatical errors	____/3
Total Points	____/35

Attach your slide deck to Google Classroom by _____