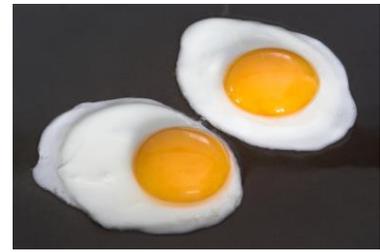


Thinking About Breakfast



1. How many days of the week do you eat breakfast?
2. If you eat breakfast, what is the next time that you usually eat and what?
3. If you do not eat breakfast, what is the first time that you eat and what?
4. What do you typically eat for breakfast, or what foods would you like to eat for breakfast?
5. Are you responsible for making your own breakfast in the morning, or do you get help? Explain.
6. What are your reasons for eating or **not** eating breakfast in the morning?
7. What can you do to make eating breakfast in the morning easier for you?

Answer the following questions based on the articles and class discussion

1. What does *breakfast* actually mean?
2. List five reasons why it is so important for **teens** to eat breakfast everyday.
3. List five breakfast foods that should be avoided, and why they should be avoided.



4. List five breakfast foods that you should try and incorporate into your meal, and why.

5. When choosing frozen or prepared pancakes, French toast, and waffles, you should look for options that are _____ grain. This type of grain is a _____ carbohydrate which provides your body with more of the type of carbohydrate nutrient that you need. You should avoid _____ carbohydrates, because these break down in the body in one step, and are often associated with sugars.

6. Toaster Pastries like Toaster Strudels and Pop Tarts have too much of what?
 - What nutrients do these foods not have enough of?

7. What are three negative physical effects of not eating breakfast in the morning?

8. If you do not like breakfast foods, what are some other foods that the articles suggested that you could eat? Aside from the articles suggestions, what else can you think of to eat that are not typical breakfast foods that you might like?

Mrs. Heflin's Tips

- **Get your fluids! Drink:**
 - Reduced fat milk
 - 100% orange juice, apple juice, grapefruit juice
 - Fruit smoothie/Yogurt drink/Keifer
 - Water
- **Plan ahead the night before**
 - gather ingredients
 - put non-refrigerated items in your purse/backpack so you don't forget
- **Don't eat foods that will make you "crash" an hour later. Avoid:**
 - Donuts, white bagels, white breads, Danish, Sweets
- **Frozen foods are OK! Choose whole-grain options**
- **Try to get the 3 power nutrients to give you energy:**
 - complete carbohydrate, complete protein, low-saturated/unsaturated fat

