

You Be the Dietician- Breakfast Foods



Overview: For this assignment, you will be playing the role of dietician. Your client is an adolescent around the age of 10-12 years old (intermediate school age). The client has a Body Mass Index that is approaching obese, and his parent's recognize that their family as a whole has not been practicing a healthy diet. They are not able to fully teach their child about proper nutrition, so it is important that you are able to educate both the child and his parent's so they have the information needed for him to develop a healthier diet and lifestyle.

Assignment: Your first assignment with the client and his parent's is to help them with the first meal of the day, breakfast. Your client rarely eats breakfast, and when he does, it is usually foods that are ones he should be choosing less of. You will educate your client on the importance of breakfast, what breakfast foods are good choices, and which should be avoided. An important part of being a dietician is not only to provide recommendations, but explain the why as well.

1. **In your own words**, write a paragraph (8-10 sentences) explaining the importance of breakfast. Be sure that you are explaining in a way that is appropriate and easy for a child of this age to understand. Research by reading credible articles online or in magazines (should be written by a dietician, chef, nutritionist, doctor, etc.). Anyone can publish something online, so make sure your source has the credentials to be giving the advice (7 points).

2. Provide a list 5 of healthy breakfast foods or meals that would appeal to a child of this age. Then, explain why this would be a good choice/why you suggested it. Be sure to list specific foods (blueberries vs. "fruit") and connect the foods to the nutrients/health benefits it provides (10 points, 1 each)

Food/Meal Suggestion	Reasoning
Example: Oatmeal with blueberries and walnuts	Oatmeal is a complex carbohydrate, which gives your body long lasting energy. Oatmeal and blueberries have fiber, which helps you feel nice and full. Walnuts have protein, which helps your body build muscles.

3. The next list is of breakfast foods the client commonly eats, which are options that are not so healthy and they should consume less of. Provide specific reasons why these meals are ones to consume less of or try to avoid overall. Next, provide suggestions to improve the meal, or suggest a different meal which is similar. Note, it is not always easy, practical, or even necessary to cut a certain food or meal completely out of the diet. Oftentimes you can still enjoy the food/meal by choosing smaller portions and add other foods to make it more nutrient dense (10 points, 1 each).

Current Meal	Why Not So Healthy	Suggestions to Improve
Example: Frosted Flakes with Whole Milk	Frosted flakes is a cereal that has a lot of added sugars and poor quality grains. This won't leave you feeling full for very long for the small portion size you get. Whole milk is high in	Chose a cereal with whole grains and bran, and low amounts of added sugar, and reduce the amount of fat and calories by choosing 2% milk. Add your favorite fruits, such

	saturated fat, which is not healthy for your heart, and is also high in calories.	as bananas and strawberries to give your body vitamins and minerals. This meal will give you instant and long lasting energy, while also making your belly feel full!
Sausage and Cheese Egg McMuffin with a Hashbrown/Ketchup		
Two Poptarts/Toaster Strudles		
3 Buttermilk Pancakes with Whipped Cream		
Scrambled Eggs with a Side of Bacon, Sausage and White Toast/Butter		
White Toast with Nutella and 8oz glass of orange juice		

4. Provide 3 recipes that would be helpful for his parents to have. The recipes should be fairly Easy to prepare, affordable, and well-balanced. Provide the name of the recipe and copy And paste the links into the space provided (3 points, 1 each).

Recipe Name:	Recipe Link

Total Score: _____/30

Comments: