

NAME

DATE

# Breakfast Challenge

Breakfast is the most important meal of the day. When you eat a healthy breakfast, it gives your mind and body a long-lasting boost of energy. A good breakfast fuels you to concentrate longer in class, perform better on the field, and stay in a better mood.

We know there are times when you are hungry, but you don't have time to sit down for breakfast. We all have those days when we want to grab a donut and a soda for breakfast. The downside is that we don't really feel great afterwards. We might have a burst of energy from the sugar, but that sugar is used up quickly. You may not even notice that just minutes after you eat something really sugary you might feel tired and grumpy. You'll probably even want to fall asleep in class. That is not a good way to start off your day!

**So what does it mean to eat a healthy breakfast?  
Your breakfast should include foods from each of  
the following food groups:**

- **Milk and milk product** (whole milk, yogurt, cheese, or soy/almond milk)
- **Fruit or vegetable group** (bananas, apples, potatoes, berries)
- **Bread and grain** (whole grain toast, oatmeal, or a tortilla)
- **Proteins** (hardboiled egg, peanut butter, nuts, or lean meats)

Some healthy breakfast ideas include an egg sandwich on whole grain bread with a piece of fruit, a bowl of oatmeal with raisins and nuts mixed in, or yogurt layered with granola and berries.



\_\_\_\_\_ Date

\_\_\_\_\_ Signature

I \_\_\_\_\_ pledge to take the Green Beetz Breakfast challenge!! I will do my best to eat a healthy breakfast every morning and drink a glass of water instead of a sugary drink. I promise to write in my Food Diary about what I eat every morning and how it makes me feel throughout the day.

## BREAKFAST CHALLENGE PLEDGE



## BREAKFAST CHALLENGE PLEDGE

I \_\_\_\_\_ pledge to take the Green Beetz Breakfast challenge!! I will do my best to eat a healthy breakfast every morning and drink a glass of water instead of a sugary drink. I promise to write in my Food Diary about what I eat every morning and how it makes me feel throughout the day.

\_\_\_\_\_ Signature

\_\_\_\_\_ Date

\_\_\_\_\_ Date

\_\_\_\_\_ Signature

I \_\_\_\_\_ pledge to take the Green Beetz Breakfast challenge!! I will do my best to eat a healthy breakfast every morning and drink a glass of water instead of a sugary drink. I promise to write in my Food Diary about what I eat every morning and how it makes me feel throughout the day.

## BREAKFAST CHALLENGE PLEDGE



## BREAKFAST CHALLENGE PLEDGE

I \_\_\_\_\_ pledge to take the Green Beetz Breakfast challenge!! I will do my best to eat a healthy breakfast every morning and drink a glass of water instead of a sugary drink. I promise to write in my Food Diary about what I eat every morning and how it makes me feel throughout the day.

\_\_\_\_\_ Signature

\_\_\_\_\_ Date

## Make Your own Flavored Drinks Optional Rating Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Drink</b>	<b>How did you like it?</b> 1- I did <i>not</i> enjoy it at all. 2 - It was <i>okay</i> . 3 - I enjoyed it. 4 - I <i>really</i> enjoyed it
Plain water or seltzer	
Half lemonade, half water or seltzer	
__% lemonade and __% water/seltzer	
Cucumber water	
Mint water	

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Make Your own Flavored Drinks

<b>Drink</b>	<b>How did you like it?</b> 1- I did <i>not</i> enjoy it at all. 2 - It was <i>okay</i> . 3 - I enjoyed it. 4 - I <i>really</i> enjoyed it
Plain water or seltzer	
Half lemonade, half water or seltzer	
__% lemonade and __% water/seltzer	
Cucumber water	
Mint water	

Exit Card

Name: \_\_\_\_\_

Date: \_\_\_\_\_

In what ways does **diluting** our flavored drinks or **consuming** cucumber or mint water instead of sugary drinks help us?

---

---

---

---

---

Name: \_\_\_\_\_

Date: \_\_\_\_\_

In what ways does **diluting** our flavored drinks or **consuming** cucumber or mint water instead of sugary drinks help us?

---

---

---

---

---

# Make your own flavored drink Group Work Suggestions

<p><b>Student #1 - Getter</b></p> <ul style="list-style-type: none"><li>• Come up to get:<ul style="list-style-type: none"><li>• 1. 50-50 mix</li><li>• 2. Different percentage mix</li><li>• 3. Cucumber water</li><li>• 4. Mint water</li></ul></li></ul>	<p><b>Student #2 -Pourer</b></p> <ul style="list-style-type: none"><li>• Carefully pour a small sip for each student of each drink<ul style="list-style-type: none"><li>• 50-50</li><li>• Different percentage</li><li>• Cucumber water</li><li>• Mint water</li></ul></li></ul>
<p><b>Student #3 - Recorder</b></p> <ul style="list-style-type: none"><li>• Remind group to record their rating after each taste:<ul style="list-style-type: none"><li>• 50-50</li><li>• Another percentage</li><li>• Cucumber water</li><li>• Mint Water</li></ul></li></ul>	<p><b>Student#4 - Leader &amp; Cleaner</b></p> <ul style="list-style-type: none"><li>• Lead the group as they discuss:<ul style="list-style-type: none"><li>• If they want water or seltzer</li><li>• if they want to try a 60-40, 70-30, 80-20 or 90-10 lemonade/ water or seltzer dilution</li></ul></li><li>• Rinse out the mixture in the sink after you've tasted BOTH dilutions</li><li>• Rinse out after cucumber water</li><li>• Rinse out and dry off after the mint water</li><li>• Collect and toss cups in trash</li></ul>

- #4 -Decide if your groups wants to mix lemonade with seltzer or water to make dilution.
- # 1-Once you decide, send student #1 to my table so you can get a 50-50 mix of lemonade (high calorie/sugar) and either water or seltzer.
- #2 Carefully, POUR a small sample for the members of your group into the small paper cups.  
ALL: Hold your own cup as student # 2 pours
- #3 -Evaluate it on a scale of 1-5 (5 is terrific and 1 is not so great).
- #4 Leader - Have group decide if they want a 60-40; 70-30; 80-20 or 90-10 dilution
- #1 Come get more seltzer/water from me
- #2 - Pour a sample for all
- #3 - Have group rate the new dilution
- #4 - Rinse and give measuring come to
- Repeat with cucumber water:
  - get, pour, evaluate, rinse
- Repeat with mint water:
  - get, pour, evaluate, rinse
- ALL: Flip paper over and write the response

# How much sugar should children have?

By *Emer Delaney* (a dietician)

Most of us eat too much sugar and [\*recent recommendations\*](#) advise us to reduce the amount of ‘added sugars’ we eat. But what exactly does this mean? ‘Added sugars’ are any sugars that are added to food or drinks, or are naturally found in unsweetened fruit juices, honey or syrups. It does not include natural sugar found in fruits, vegetables and milk.

What happens when we eat too much sugar? Eating too much sugar can often mean we're eating too many calories and if we don't use them, our body will store them as fat. This can lead to weight gain and may eventually lead to obesity. Sugar can also lead to tooth decay.

Cookies, some breakfast cereals, pasta sauces, cakes, chocolates, sweets, fizzy drinks and fruit juice are all considered high in sugar. Almost a quarter of added sugar in our children's diet comes from sugary drinks, and one single can of fizzy drink contains approximately nine teaspoons of sugar.

<b>AGE</b>	<b>Maximum Amount of Sugar in grams</b>	<b>in teaspoons</b>
7-10 years	24 g	6 tsp
11 years old	30 g`	7 tsp

There is room for a little bit of sugar in children's diets, but these foods and drinks should only be seen as occasional treats, never the norm. High sugar foods tend to have fewer vitamins and minerals, and they may start to replace nutritious foods that kids need to grow and develop.