

LESSON 2: TAKEOUT



TODAY WE LEARNED | THE NATURAL FOOD CYCLE

- All living things need energy and nutrients to survive; we get these from the food we eat. Nutrients from our food serve as the building blocks of our bodies. In other words, we are what we eat.
- A Food Web is made up of many different food chains.
- The 3 Levels of a Food Web are Producers, Consumers and Decomposers.
- Humans eat foods that are both plant based and animal based; this makes us omnivores.
- Without the sun we wouldn't be able to survive!

BREAKFAST IDEA | YOGURT GRANOLA AND FRUIT

- Yogurt is a great source of protein, calcium and potassium. All of these are nutrients important to healthy growth and survival.
- Add some tasty whole grain oat granola for a great source of fiber, minerals, and vitamins. Whole grains can also help you to feel fuller longer. Goodbye to morning hunger pangs!
- Add any fruit you'd like to round out this healthy and delicious breakfast. Creating your parfait in layers can make it more fun to eat!

TIPS AND TRICKS

1. **Buy plain yogurt.** Plain yogurt is usually less expensive and doesn't have added sugars and fake flavors. Buy the big tub, instead of the individual servings, for an even better bargain. A drizzle of honey is a better option if you have a bit of a sweet tooth.
2. **Choosing healthy granola.** Store bought granola can have a lot of added sugar. Read the label and choose one with less than 10 grams of sugar per serving.
3. **Why Add Fiber?** Not only does granola give a satisfying crunch, it also adds in fiber to your breakfast. While fiber is not used as a building block for our cells, it helps to make us fill full, prevents constipation, and can even limit the risk of type-2 diabetes and heart disease.

