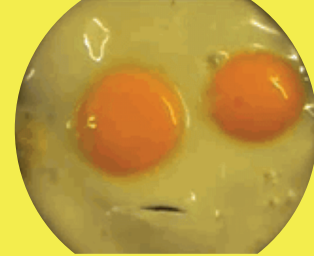




BREAKFAST CHALLENGE



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.

OUR CHALLENGE TO YOU

Over the course of the Green Beetz program, we challenge you to eat a healthy breakfast with a glass of water every morning. Record what you eat in your Food Detective Notebook. Pay close attention to your body right after you eat, 15 minutes later, and a couple of hours later. Write about any changes you notice in your energy, your mood, and your ability to concentrate.

COPY THE TABLE BELOW AS A GUIDE

| <i>Date</i> | <i>Breakfast food</i> | <i>Breakfast drink</i> | <i>My mood and/or energy level right after eating</i> | <i>My mood and/or energy level an hour after eating</i> | <i>Any other interesting observations about how I feel today</i> |
|-------------|-----------------------|------------------------|---|---|--|
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YOUR SIGNATURE HERE

I, _____, pledge to eat the healthiest breakfast I can every day, and to record my breakfast in my Food Detective Notebook.