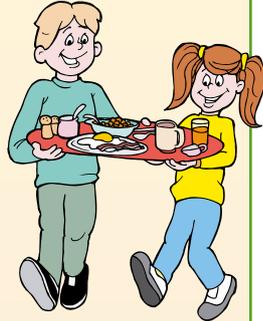


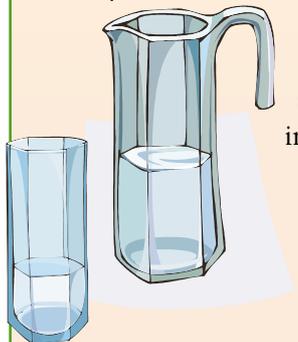
# Activities

1. Review your school's breakfast menu this month. What healthy options are offered? What selections are not very healthy? How could the menu or offerings be improved?

2. Create a poster that encourages the students at your school to eat a healthy breakfast and drink plenty of water.



3. In groups, plan a five-day healthy breakfast menu. Using your menu, create a grocery list of the items you will need to purchase for these meals. Compare your menu with other groups. How are they alike? How are they different?



4. Create a hydration schedule. Spread your water intake throughout the day. Plan to drink more water during the days you exercise or participate in sports.

**Home Connection** Discuss the importance of eating breakfast with your family. Do you have any family members that choose to skip breakfast? What are their reasons for skipping this important meal? Place your answers in your health portfolio.



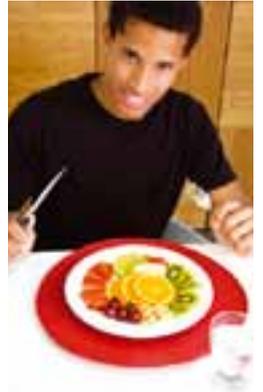
## Discussion Questions

What do you usually eat for breakfast?

How much water do you think you drink each day?

# BREAKFAST IS IMPORTANT

There are many reasons people choose to skip breakfast. You may want to sleep longer in the morning, you may not be hungry when you wake up, or you just might not like breakfast foods. Skipping breakfast is never a good idea. Breakfast is the most important meal of the day. Those who don't eat breakfast within the first couple of hours of waking are less likely to meet nutrient needs. However, they are more likely to have high cholesterol and be overweight because they probably snacked more throughout the day and ate excess calories at other meals.



## Breakfast Solutions

"Not enough time" is often an excuse given for not eating breakfast. Below are some fast, healthy solutions that can be prepared in seconds and eaten on the go, if necessary. Remember, it is always better to eat something small than nothing at all.



- A piece of fruit
- A slice of whole wheat bread with peanut butter or low-fat cheese
- A whole grain cereal bar
- Fat-free yogurt
- Whole grain cereal and fat-free milk
- A cup of fat-free milk and whole grain crackers
- A fruit smoothie made with fat-free or low-fat milk
- A half cup of black beans wrapped up in a whole wheat tortilla



# Drinking Water is Important Too!

Water is essential for good health. In fact, the body couldn't survive without adequate water. If you are drinking enough water, your urine will be pale yellow with no strong odor. Your mouth and lips should be moist, and your skin will retain moisture. Your eyes should also be moist with tears present.



## What are the signs of dehydration or not drinking enough water?

- Thirst
- Dry lips
- Nausea
- Fatigue
- Dark-colored urine or infrequent urination
- Constipation
- Increased body temperature or labored breathing