

Learning Begins at Breakfast

The Program

Learning Begins at Breakfast is an interactive nutrition program designed for third-grade students. Its goal is to teach children proper nutrition through the making of a breakfast parfait. The program incorporates messaging on the major food groups and portion control in an entertaining, age appropriate style. *Learning Begins at Breakfast* was developed by the ACF Minneapolis Chef's Chapter and the American Heart Association/Twin Cities, a leader in the fight against childhood obesity.

The Basics

- Determine how many students you would like to reach (a good estimate is about 100 - 125 students per school) and how many chefs you have to present the program. Determine the time of year you would like to conduct program. Determine the types of schools you would like to reach—suburban, city, culturally and/or economically diverse, etc.
- Secure a relationship with food vendor in your area. Food needed: yogurt (recommend low or nonfat), cereal (recommend whole grain, low sugar), fruit (recommend strawberries and bananas). You may either partner with a food distributor or a grocery store chain.
- Order cups and chef hats from AFC contact.
- Contact schools and secure dates. Best place to start in the school is with the principal. At least 45 minutes is needed for the program. Try to group dates closely as food products are subject to spoilage.
- Determine amount of food products needed. This will be dependent on the number of participating schools. Contact food vendor and finalize details.
- Secure at least one chef per school.
- Ask school to secure at least one adult volunteer per 10 students.
- Connect with school food service to secure use of the cafeteria for program and school kitchen for food preparation. Ask for a wireless microphone if space is large.

The Program

- Arrive at the school one hour prior to the event with your supplies. Put one chef hat per seat. Cut up fruit and put in serving dishes. Open yogurt and put in serving dishes. Open cereal and put in serving dishes. Put out cups and spoons.
- Have printed, take-home materials on a table by the exit.
- Prep adult volunteers on the flow of the program:
 - Kids come in and take a seat
 - Chef welcomes kids, talks about self, nutrition, portion control, etc.

- Chef describes process of making a breakfast parfait
- Kids come to front to get yogurt, cereal, fruit
- Kids sit down and eat parfait
- Kids go back to class

The Script

- Welcome students. Introduce self. Ask kids if they know what a Chef is. Take some quick answers.
- Chef speaks to his/her job. Talk about some of the weirdest food you've ever made/eaten.
- Tell kids what the program is about today. Tell kids that today they are Chefs, making a healthy breakfast. Explain how they will put on their hat right before they start "cooking."
- Explain about chef hats—why they are worn, why they are different, etc.
- Ask kids what the most important meal of the day is. Ask why.
- Talk about why breakfast is so important—how body has been "fasting" since before bedtime, how we need fuel to rev our day (using a small car is a good visual).
- Talk about our breakfast parfait. Where did the word come from (hint—French for perfect)
- Describe items going into the parfait. Talk about the parfait containing three of the food groups kids need to eat each day—whole grains (5 recommended daily), fruit (5 or more fruits and veggies recommended daily) and dairy (3 recommended daily). Ask about other food groups recommended.
- Talk about portion control. Use cup as prop. Some other fun facts—a piece of fruit, a slice of bread, a piece of meat the size of your fist are all considered one serving.
- Talk about other parfaits kids could make—snack parfait, dinner parfait, even a Thanksgiving parfait.
- Put on the hats and let's start creating and eating.

The Finale

- Tell kids to return cups to kitchen service area. All will be washed and returned the next day in their classes. **YOU'RE DONE!**