

# A Balanced Breakfast

## Objectives of Activity

To have students discuss the importance of breakfast, and to encourage them to use their creativity to come up with a variety of breakfast choices.

## Teacher Background Information

- School breakfast program toolkit- see page 5  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf>
- [Wake up to Breakfast Every Day](#)
- Canada's Food Guide  
<https://food-guide.canada.ca/en/>

## Material Required

- Blank white paper for each student

## Instructions

1. To complete the activity, students must be familiar with Canada's Food Guide.
2. Discuss why breakfast is important and how students might feel by recess if they haven't had breakfast.
3. Have the students brainstorm ideas for fun and more unique breakfast ideas. The ideas could be typical breakfast type foods such as cereal or pancakes and fruit, but could also include unusual breakfast ideas such as soup, chicken salad sandwich, yogurt shakes, etc. Breakfast can be anything, as long as it is nutritious. Write down all the ideas on the board.
4. Go through the ideas and talk about the foods. Identify which breakfasts follow the principles of the food guide and which may need to be modified.
5. Ask students to draw a picture of a breakfast that they would enjoy. Assist the children to spell the food items they have drawn and to identify if the food is vegetable or fruit, a whole grain food, or a protein food.