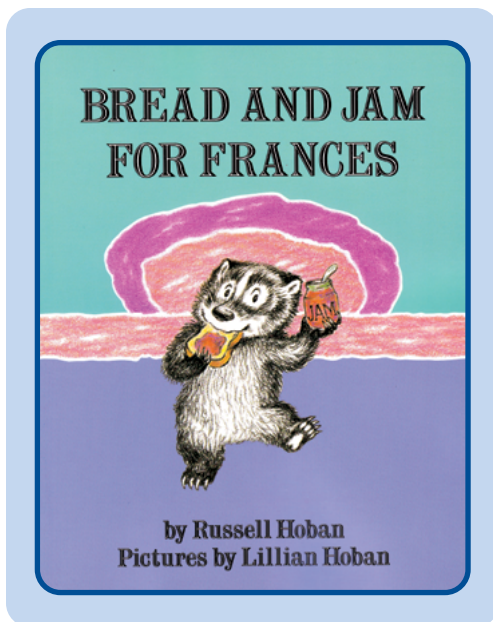


Bread and Jam For Frances



About the book:

Bread and Jam For Frances
by Russell Hoban

Publisher: Harper Collins
ISBN#: 0-06-443096-0

Nutrition Objectives

- Classify different breakfast foods into food groups.
- Discuss the importance of eating breakfast.

Physical Education Objectives

- Demonstrate motor skills that are increasingly complex.

Activities

- Nutrition Activity #1: Breakfast, Breakfast, Breakfast!
- Nutrition Activity #2: Better Bread and Jam
- Physical Activity #1: Energy Rush

Lesson Handouts

- Reasons to Eat Breakfast Poster
- Make Half Your Grains Whole Worksheet

Parent Newsletter

- Why Breakfast?

Intent of Lesson

Children can be choosy about foods they eat and need coaching from role models and adults to eat a variety of foods. Especially encourage children to eat a healthy breakfast which includes protein and whole grains.

Previewing (5 minutes)

1. Post MyPlate poster to discuss with the children the importance of making healthy food choices for breakfast. Using MyPlate, classify breakfast foods into the different sections on the plate.

Questions to ask:

Q. What does MyPlate tell us?

A. It tells and shows us how to eat a variety of foods to stay healthy.

Q. Some people eat cereal for breakfast. What does one serving of this grain look like? (Reinforce WHOLE grains are best!) What other grains can we have for breakfast?

A. 1 oz. is about 1 slice of bread, 1 cup of cereal, or ½ cup of oatmeal (Use food model cards or if available show actual food portions). Grains for breakfast might be rolled oats (oatmeal), wheat or corn cereal, bran cereal, cornmeal or grits, whole wheat pancakes or waffles, whole wheat French toast, whole wheat tortilla.

2. Discuss the importance of getting enough exercise every day to stay healthy. Questions to ask: (Chart or list answers for all to see if resources allow)

Q. What are some ways that we get exercise?

A. Answers will vary.

Q. What is your favorite exercise?

A. Answers will vary.

Q. Why is exercise important?

A. To keep our body healthy, build muscles and keep them strong and burn calories (energy) to help us maintain a healthy weight

Active Reading: (10 minutes)

Read *Bread and Jam for Frances* by Russell Hoban.

Summarizing (5 minutes)

After reading the story, ask the students to think about Frances. She would only eat bread and jam. Discuss the following questions:

Q. What food group(s) is Frances missing from her diet to make her healthy?

A. Fruits, vegetables, dairy, and proteins.

Q. Can you name five (5) healthy breakfast foods you like to eat? Can you name five (5) healthy foods you like to eat for lunch?

A. Answers will vary and should be written where available for students to see.
(Some examples might include: whole-grain toast or crackers, oatmeal, whole grain cereals, juice. Lunch foods might include raw fruits and vegetables, sandwich, soup, pudding/custard, yogurt, milk, etc.)



15-20 minutes

Equipment:

- Breakfast Poster Handout
- Food Models (National Dairy Council, 200 cards, 1-800-426-8271) or Pictures
- Paper plates or placemats
- MyPlate Poster
- Glue/glue sticks
- Scissors

Breakfast, Breakfast, Breakfast!

Directions:

1. Share why breakfast is important. The main reasons we should eat breakfast everyday include:
 - Breakfast starts your head – research shows that kids who eat breakfast get better grades and don't miss as much school because of illness.
 - Breakfast feeds your body – it is hard for your body to go without food until lunch time if you don't put "fuel" or food in it in the morning.
 - Breakfast helps you think – if you have eaten breakfast you can think about other things besides your hunger.
 - Breakfast helps you feel better and have more energy.
2. Using food pictures have the children "build" sample healthy breakfasts. Glue the food pictures they picked onto their paper plates or placemats. Allow time for discussion and share during group time.
3. Discuss with children where they can get these foods—school, at home, restaurant, grocery store.

Important Reasons to Eat Breakfast!

Breakfast starts your head. Research shows that kids who eat breakfast get better grades and don't miss as much school because of illness.

Breakfast feeds your body. It is hard for your body to go without food until lunch time if you don't put "fuel" or food in it in the morning.

Breakfast helps you think. If you have eaten breakfast you can think about other things besides your hunger.

Breakfast helps you feel better and have more energy.





15-20 minutes

Equipment:

- MyPlate poster
- Breakfast dish images, cut apart
- Make Half of Your Grains Whole
- Food model cards of protein sources (National Dairy Council, 200 cards, 1-800-426-8271)
- Trail Mix ingredients: cereal, nuts, dried fruit

Better Bread and Jam

Directions:

1. Post the MyPlate poster. Have students select a breakfast food picture and tell which food groups of the MyPlate are included in this food. Post the breakfasts next to MyPlate.

Q: Which breakfast is most like the one Frances eats?

A: Whole wheat toast with peanut butter and a banana and milk. Discuss that peanut butter is a body building food because it contains protein. Other protein foods meat, poultry, fish, eggs, soy nuts, kidney beans, pinto beans, chickpeas, split peas, nuts and peanut butter, and seeds. Show food samples or food model cards of these foods.

Q: What else could Frances include on her bread to add protein to the meal?

A: Egg salad, peanut butter, sunflower nuts, hummus spread (chickpeas), or chili bean dip.

2. If possible obtain hummus or other bean dip and allow children to taste with crackers or toast.

Q: Do you think Frances ate whole grain bread? Is that better for you than white bread? Why?

A: Promote whole grains with the "Make Half of Your Grains Whole" handout. Have children check off the whole grains they eat. Read the whole grain tips.

Q: Which whole grain tips are you already doing?

3. Prepare the Trail Mix and sample it.

Cut apart the images. Allow students to select one picture at a time and with the help of the group to tell the MyPlate groups that are included in each breakfast dish.



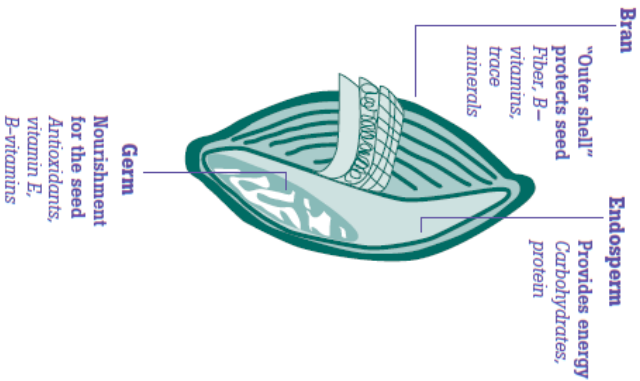











Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel



Some Examples of Whole Grains:

- brown rice 
- buckwheat
- bulgur (cracked wheat)
- oatmeal 
- popcorn 
- whole-wheat cereal
- muesli
- whole-grain barley 
- whole-grain cornmeal
- whole rye
- whole-wheat bread 
- whole-wheat crackers
- whole-wheat pasta
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas
- wild rice
- whole cornmeal 
- shredded wheat cereal

Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

Adapted from
Team Up At Home Team Nutrition Activity Book



Trail Mix

Mix together in a large bowl.

1 cup "chex" type bran cereal



1 cup "O" type cereal



1 cup flavored "O" type cereal,
(apple cinnamon, honey nut, etc)



1/4 cup raisins



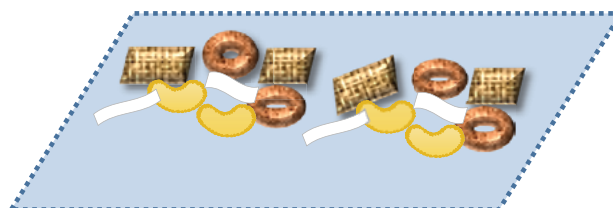
1/4 cup peanuts or sunflower seeds



1/4 cup shredded coconut



Eat dry or with milk.





10-15 minutes

Connection:

Simulate the energy rush provided in jams and other sweets and then the quick decline in available blood sugar.

Equipment:

- 20 or more of each: cones, poly spots, bowling pins, hula hoops
- 2-3 mats
- Jump rope per pair of students

Safety Concerns:

Students must be able to move safely in personal and general space.

Students must have enough space between them in order to jump rope without touching each other.

Energy Rush

Warm Up/Introduction: (2 minutes)

Have student participate in stretching while you give summary/read the book.

Activity Guide:

1. Divide students into pairs and spread the pairs across the base line of the room/area.
2. One member from each group will start jogging (from starting base line to the other end of the room/area and back) upon return, the partner will repeat.
3. Once each student has completed one trip, explain to the students that they had jam for breakfast, just like Frances in the story.
4. Now place different obstacles randomly around the floor. Each obstacle will represent jam. Explain to the students that they will need to move around each obstacle in order to get across the room.
5. The students will be asked to change their locomotor skill (skipping, step-hop, gallop, and walk) as they repeat the trip across the area and back.
6. Continue to add more obstacles (purpose is to slow the students down, make it more difficult for them to get from one end of the gym to the other). Continue to change locomotor skills (jump, leap, hop, and slide) to skills that are slower and harder (crab walk, bear crawl, alligator walk, etc).
7. The final time across the room/area, the students will be given a jump rope. This should increase the difficulty.

Cool Down/Closure:

Q: What are some ways you moved through the obstacles? Demonstrate some.

A: skip, step-hop, slide, crab walk, bear crawl,

Q: What happened throughout the activity?

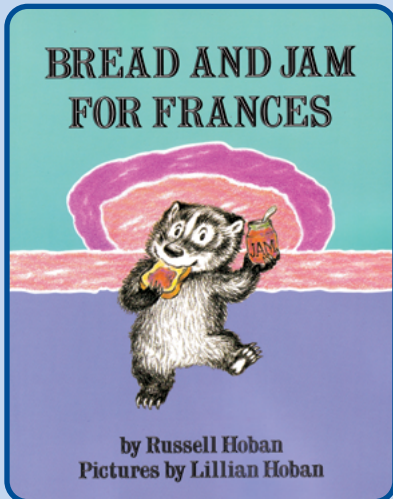
A: Slowed down with more obstacles and harder skills.

Q: What happened to Frances when she ate only bread and jam?

A: She got tired when she played.

Q: What could happen if you did not eat a balanced meal?

A: Your body will not get the proper nutrition needed to do these physical activities.



Family Fun

For a family activity check out the book, *Bread and Jam for Frances* by Russell Hoban, from your local library. Read together and discuss the importance of eating breakfast.

Why Breakfast

Smart Reasons to Eat Breakfast

Fuels the body with nutrients. Breakfast will provide your child with nutrients that may be missed during the day.

Provides food energy for the morning's active play for children or the work you have planned.

Gets your child ready to learn—at home, school or day care. Kids learn better if they eat breakfast.

Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Young children may need a small morning snack.

Helps kids feel good. Children may get stomach aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good. Offer foods your child and family enjoy—even if they aren't common for breakfast.

Easy Ideas for Quick, Yummy Breakfasts!

If your time is limited to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Ready to eat cereal with milk and fruit
- Peanut butter with whole wheat toast
- Bagel with cheese
- Reheated rice, hard-cooked egg
- Oatmeal with applesauce or dried fruit
- Toasted waffle topped with sliced fruit
- Yogurt with whole wheat crackers
- Leftover pizza





Smart Ways to Make Breakfast Successful

Eat breakfast yourself. 'Modeling' teaches more than 'telling.' Your child will follow what you do.

Manage your early morning time.

- Start making breakfast the night before. You may make the juice, slice fruit, or make hard-cooked eggs.
- Go to bed earlier, so you can get up earlier.
- Stock your kitchen with quick-to-fix breakfast foods.

Consider your child's needs.

- Offer choices. This helps your child feel in control of breakfast eating.
- Give your child time to wake up. Children may not be hungry right away. Rushing puts pressure on breakfast eating.
- Allow your child to help in preparing breakfast. It can be a great way to start the day.



Peanut Butter Banana Breakfast Shake

Servings: 1

Ingredients:

- 1 cup milk, fat free or 1%
- 1/2 cup frozen banana slices
- 1 Tbsp. peanut butter
- 1/4 tsp. ground cinnamon
- 1/2 tsp. vanilla extract

Directions:

Combine all ingredients in a blender and blend until smooth and creamy. Pour into a glass.

Nutrition Facts: 150 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 290mg sodium; 30g carbohydrates; 4g dietary fiber; 4 g protein

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-banana-breakfast-shake>

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service