For Your Breakfast

**AGE/GRADE LEVEL:** Youth, Grades K-6; Teens; Adults and Older Adults

**FORMATION:** Standing at desks

**EQUIPMENT:** “For Your Breakfast” chant on poster or handouts

**RULES/DIRECTIONS:**
1. Have participants begin the lesson with a series of simple activities done while reciting a chant together:

   **a. Fruit Group - Jog in place**
   For your breakfast, for your breakfast, You could have fruits: Apples, strawberries, peaches, and plums, kiwi, banana, oranges, and grapes.

   **b. Vegetable Group - Knee lifts**
   For your breakfast, for your breakfast, You could have vegetables: Celery, carrots, broccoli, and beans, Lettuce, tomatoes, potatoes, and peas.

   **c. Grains Group - Flap arms like birds**
   For your breakfast, for your breakfast, You could have grains: Pita bread, cereal, tortillas, and oats, Bagel, pancakes, rice, and toast.

   **d. Protein Group – Hop in place**
   For your breakfast, for your breakfast, You could have protein: Peanut butter, chicken, beef, and nuts, Tofu, pinto beans, eggs, and fish.

   **e. Dairy Group – Scissors**
   For your breakfast, for your breakfast, You could have dairy: Swiss cheese, cottage cheese, custard, and curds, Yogurt, cream cheese, and low-fat milk.

   **f. All over body wiggles**
   For your breakfast, for your breakfast, Eat good food. YAY!

2. Cool down activity with slow and easy stretching movements. Teacher asks participants to call out foods they ate for breakfast from each food group, while performing the following actions:
   - **Fruit** – Reach high and low to pick fruit.
   - **Vegetable** – Bend low to pull vegetables out of ground.
   - **Grains** – Jump up and down like popcorn.
   - **Protein** – Swim like a fish.
   - **Dairy** – Shake body like a smoothie.

**NUTRITION NOTE:** Use with food group lesson.