



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson **4**

Pay attention and break the fast with breakfast

Skipping breakfast makes us feel tired because we haven't refueled our bodies. We don't concentrate as well without breakfast and our attention span is shorter. Studies show that kids who don't eat breakfast don't do as well in school.

Choose whole grains at breakfast

Eating whole grains may reduce your risk of developing heart disease. Whole grains have fiber, which is good for your digestive system and helps you feel full. Many foods you already eat may be whole grains. Check out the list below to see if your grains are whole or refined.

Whole grains

- Brown rice
- Bulgur
- Whole-wheat crackers
- Popcorn
- Whole-wheat cereal
- Whole-grain cornmeal
- Whole-wheat bread
- Whole-wheat pasta
- Oatmeal
- Wild rice

Refined grains

- Grits
- Noodles
- Crackers
- Macaroni
- Corn flakes
- Corn bread
- White bread
- Spaghetti
- Pretzels



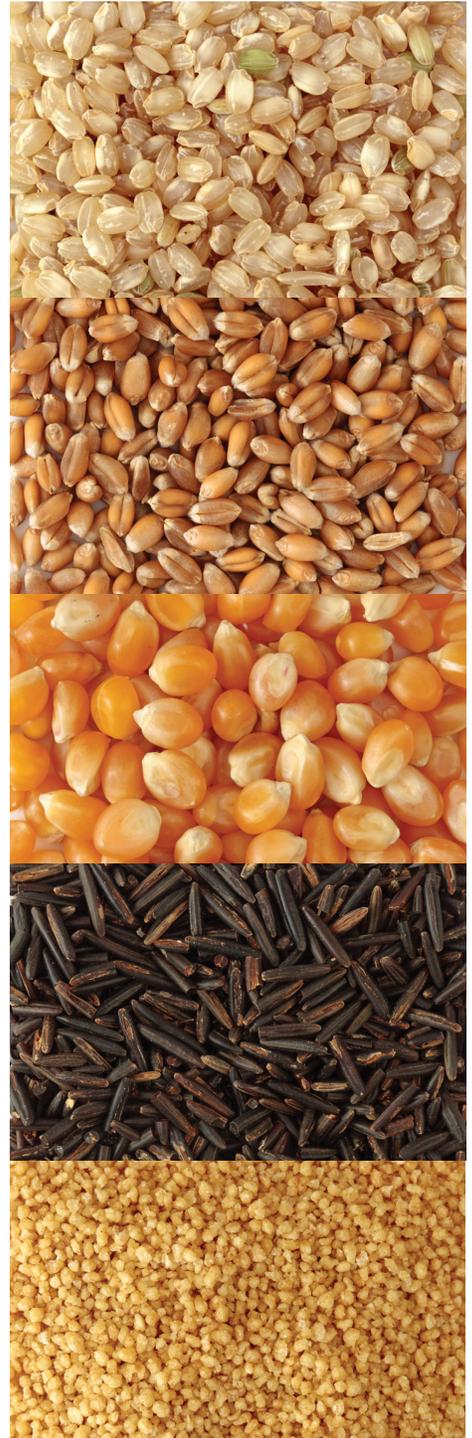
Choose foods from at least three food groups for a good breakfast.

Some ideas are:

Whole-grain cereal with low-fat or fat-free milk and banana slices

Whole-wheat crackers with reduced fat cheese and 100 percent orange juice

Fruit smoothie with slice of whole-wheat bread and peanut butter



Recipes

No-Bake Breakfast Bar

Makes 12 bars

What you need:

- 1 cup peanut butter
- ½ cup nonfat dry milk powder (optional)
- ¼ cup honey or maple syrup
- 3 large shredded wheat biscuits or 1 to 2 cups any whole-grain cereal (shredded wheat, whole-wheat flakes or oat cereal)
- ½ cup nuts, chopped or raisins (optional)

Directions:

1. Wash hands and surfaces.
2. Crush the shredded wheat biscuits or cereal.
3. Mix all the ingredients together.
4. Press the mixture firmly into an 8-by-8-inch pan. Cut into squares to serve.

Mix and Go Snack Mix

Makes 6 servings

What you need:

- 1 cup raisins
- 1 cup dry whole-grain toasted oat cereal
- 1 cup unsalted, dry-roasted peanuts

Directions:

1. Wash hands and surfaces.
2. In a medium mixing bowl, mix all ingredients.

How can you make breakfast the easy choice for you and your family?

- Plan your breakfast the night before.
- Get up earlier to leave time to eat breakfast or make your on-the-go breakfast.
- Have breakfast together in the morning.
- For quick access in the morning, you can set out foods like bread, peanut butter, or whole fruit on the counter the night before. Keep cold foods in the refrigerator until you are ready to eat them.
- Package whole-wheat crackers or snack mix in small plastic bags for grabbing on-the-go in the morning.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance