



# 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 you and your family's chance of getting heart disease. Whole grains have fiber, and fiber fills you up! The lists below help you choose whole grains instead of refined grains:

#### Whole grains

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

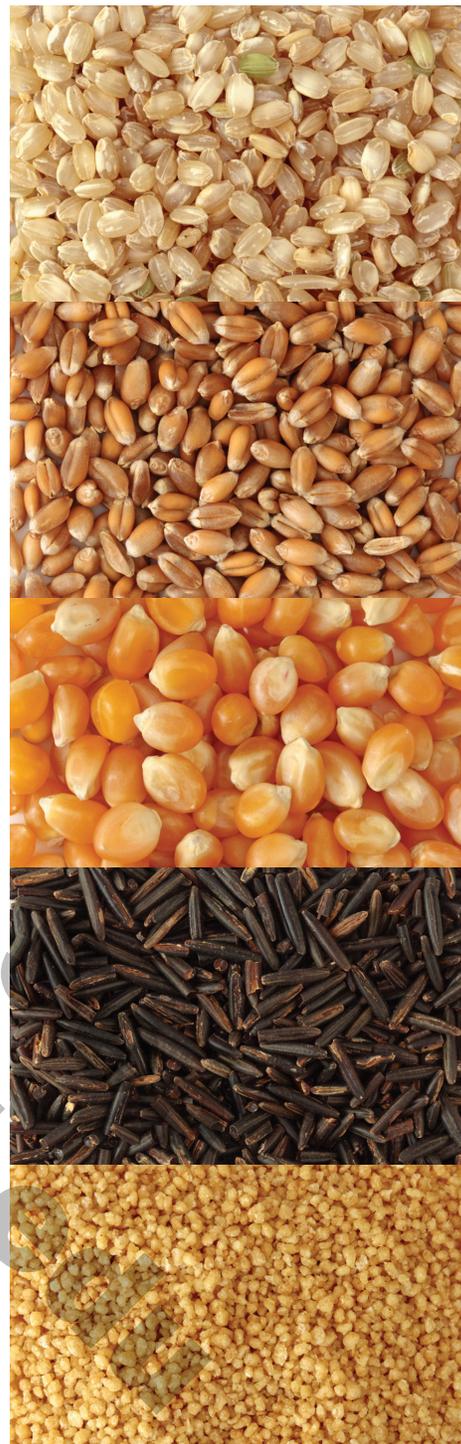
#### Refined grains

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



Recipe

## 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)
- 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.

## 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.
- Put food on the counter the night before for quick access in the morning.
- Buy small 100 percent juice containers.
- Package whole-wheat crackers in small plastic bags for grabbing on-the-go in the morning.

Recipe

## 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.



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