

## Rise and Shine, It's Breakfast Time!

### Monthly Campaign Bulletin Board

**Theme:**

The concept for this bulletin board is to teach students about healthy breakfast options.

**Bulletin Board Example:**

### SUPERHERO Cereals:

(The cereals below are a few examples of Choose Most Often)





**3 easy ways to tell if your breakfast cereal**





It is high in **FIBRE!**





It is low in





It is low in **SUGAR!**

### Other Superhero Breakfasts:









### SNEAKY Cereals:

(The cereals below are a few examples of Choose Sometimes and Choose Least Often)









### Other Sneaky Breakfasts:









**Classroom Instructions:**

Have a discussion with your students about what a healthy breakfast looks like, and why starting the day with a healthy breakfast is important. Make use of the resource provided by Alberta Health Services called “Wake Up to Breakfast Every Day” to guide the discussion.

**Bulletin Board Instructions:**

The concept for this bulletin board is to teach students about healthy breakfast options. To do this, create sections for the “superhero cereals/ breakfasts” and a section for the “sneaky cereals/ breakfasts.” Create flip cards for the sneaky and superhero breakfasts - you can have students work for the sneaky & super hero breakfasts by finding images or using cereal boxes collected from students. On one side of the flip, show the type of breakfast, on the other side reveal whether it is a, “choose most often”, “choose sometimes”, or “choose least often” breakfast (as determined in the ANGCY). Inside each flip up card, you can give the reason why the item is not a Superhero Cereal/ Breakfast Item. The explanations are given below.

**OPTION:** You may want to add a folder on the side of the bulletin board to hold a sample 7 day menu (see below). The menus are meant to be run off and cut in two so you can place them in a small folder.

**Examples of Cereals for the Bulletin Board:****SUPERHERO Cereals:**

- Kashi 7 Whole Grain Puffed Cereal
- Kashi Go Lean 7 Grain
- Kellogg’s Mini Wheat’s Brown Sugar
- Kellogg’s Muslix Harvest Fruit
- Kellogg’s Raisin Bran
- Nature’s Path Red Berry Crunch

**SUPERHERO Breakfasts:**

- Kashi Fruit and Grain—Cherry Dark Chocolate granola bar
- Plain yogurt with fresh fruit added in
- Whole wheat toast with nut/nut alternative butter
- Hard boiled egg
- Quaker Fibre & Omega 3—Dark Chocolate Chunk
- Cooked oatmeal and fresh, sliced strawberries

**SNEAKY Cereals:** *(pick only 6 cereals for the bulletin board)*

- Kellogg's Rice Krispies... not enough fibre
- Fruit Loops... too much sugar
- Post Alphabits... too much sugar
- Kellogg's Vector... not enough fibre
- General Mills HoneyNut Cheerios... too much sugar
- General Mills Lucky Charms... too much sugar
- Kellogg's Corn Pops... too much sugar
- Kellogg's Frosted Flakes... too much sugar, not enough fibre
- General Mills Trix... too much sugar, not enough fibre

**SNEAKY Breakfasts:** *(pick only 6 items)*

- Cinnamon Bun (eg. Tim Hortons's)... too much fat, too much saturated fat, not enough fibre
- Chocolate chip muffin (eg. Tim Hortons's)... not enough fibre, too much sugar
- Toaster Strudel... not enough fibre
- Pop Tarts... too much sugar, not enough fibre
- Quaker Chewy Dips granola bar... too much saturated fat (harmful fat), not enough fibre, too much sugar
- Eggos... not enough fibre
- Quaker instant oatmeal (Brown Sugar)... too much sodium (salt), too much sugar

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## Sample Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole wheat french toast sticks	Homemade egg and cheese breakfast sandwich on a whole wheat English muffin	Whole wheat toast	Cooked oatmeal with berries	Breakfast in a Mug (My Amazing Little Cookbook)	Cold cereal (Choose Most Often cereal)	Vegetable omelet
Yogurt	Glass of 100% fruit juice (125mL)	Nut/ nut alternative butter	Milk (on oatmeal)	Orange or apple slices	Milk (on cereal)	Sprinkled cheese
Fresh fruit		Banana slices Glass of milk	Hardboiled egg		Canned Fruit (in fruit juice, not syrup)	Whole wheat toast

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