

STUDENT ACTIVITIES for Breakfast Time



Breakfast Delivered to the Classroom provides an excellent opportunity to fuse breakfast and learning. Below are some ideas for integrating Breakfast Delivered to the Classroom with instruction.

- Read-Aloud Time -- Read to students from a picture or chapter book while they are eating. Once a week, read a book that has to do with nutrition and/or being physically active. Students also can enjoy listening to books on tape.
- Combine Breakfast and DEAR (Drop Everything and Read) -- Allow students time for self-selected silent reading while they eat.
- Practice Math Facts -- While students eat, play a game with flash cards (e.g., Around the World) where two students race to give the answer to the math class and the student who wins moves on.
- Practice Spelling Words -- While eating, play a word game (e.g., Sparkle) where students take turns giving the next letter in a spelling word until it is spelled correctly.
- Show Instructional Media (e.g., television programming or DVDs) -- View content relevant to what the students are learning while they are eating.
- School News Program -- Do you have a school news program? If not, consider starting one. Have classes take turns recording a school news program. Create DVDs and distribute schoolwide; let students watch the school news while eating breakfast.
- Current Events -- During breakfast, distribute articles related to current events. Prepare copies of newspaper editions and/or record news stories. Have students discuss and debate current events.
- Life Skills/Character Education -- Use breakfast time to learn about important Character Education skills. Apply the skills to the context of eating school breakfast (e.g., when students help serve and clean up breakfast, they are learning about responsibility).
- MyPlate Sort and Log -- Teach students how to eat healthy by using the MyPlate as a guide; discuss the importance of variety and balance. Provide younger students with Food Group Sorting Placemats (to make the placemat: on construction paper, create a five-column chart, label it with the five food groups, and laminate). Students can use the placemats while they eat breakfast and sort the items in their daily breakfast into the proper food groups as they are eating. If the chart is laminated, students can create tally marks on the sorting chart using a dry erase marker.

- Vocabulary Development -- Work with words that the students are learning during breakfast. Students can list the names of the foods they are eating and put them in alphabetical order, study the history of the food, list adjectives that describe the food, and list verbs that describe the way that they eat the food.
- Demonstrations -- Use breakfast time to demonstrate something that you will be teaching about later. Perhaps you are going to demonstrate how to write a personal narrative. Teach it while they eat. Science demonstrations work well too.
- Fine Arts -- As they eat, have students listen and react to a variety of music or view and discuss a slideshow of art collections.
- Presentations -- Schedule students' book reports, speeches or small-group presentations during breakfast.
- Family Breakfast -- Once a month, invite family members for breakfast. Display student work and portfolios that can be reviewed during that time.
- Storytelling or Reader's Theater -- Use breakfast time for you or students to present prepared and rehearsed storytelling performances or have small groups of students conduct a Reader's Theater.
- Literature Circles -- While eating breakfast, students can meet with their literature circle groups or book clubs to summarize and discuss prior reading (e.g., the chapter that they read for homework) or answer specific questions about the book they are reading.
- Homework Review -- During breakfast, go over the homework from the night before.
- Test Review -- During breakfast, play games to review for tests, such as a Jeopardy-style quiz.
- Schoolwide Enrichment Clubs -- Enrichment Clubs are self-selected, special interest clubs that challenge students and/or expand their education in particular areas. Enrichment activities that involve listening, speaking, studying or research can be conducted during breakfast.
- Classroom Guests -- Invite guest speakers during breakfast (e.g., the school nurse or a social worker) to discuss a variety of topics (e.g., bullying, healthy living, eating, relationships).
- Class Meetings -- Use breakfast time to conduct your class meeting. During class meetings, students are assigned new class jobs, class rules are discussed and reinforced, upcoming events are reviewed, and class "business" is conducted.
- Mind Puzzles and Riddles -- Post mind puzzles and riddles (e.g., Plexers) for students to think about and solve while they are eating.

Adapted from "Start School with Breakfast: A Guide to Increasing School Breakfast Participation." NEA Health Information Network and Share Our Strength, 2011. Available at: <http://www.neahin.org> and <http://www.strength.org>