

Dear Educator,

Help your students boost their academic performance this year with breakfast! Studies show that students who eat a healthy breakfast score higher on standardized tests, show improved cognitive performance, and have better attendance than students who skip breakfast.* Whether at home or at school, eating a nutritious breakfast can give your students a head start to their day.

This year with students adjusting to changes in their routines, establishing healthy habits is especially important. *Fuel Up to Play 60* can help with that! This free program from the National Dairy Council and the NFL in collaboration with the USDA provides schools with a game plan to promote balanced nutrition, beginning with a healthy breakfast, and gets students moving for 60 minutes each day.

The American Dairy Association North East (ADANE) has teamed with the curriculum experts at Young Minds Inspired to help you make *Fuel Up to Play 60* the foundation of your school's wellness program throughout the coming semester. Every two weeks, you can find a new lesson plan for grades 9-12 at ymiclassroom.com/futp60 with activities that reinforce balanced nutrition and daily physical activity. This week's lesson plan focuses on the importance of eating a healthy breakfast every day. The activities can be completed by students at home or in class, and include ideas for engaging students' families in your school wellness program as well.

We hope you will share these materials with your principal, health teachers, family and consumer science teachers, athletic directors, coaches, parent coordinators, and anyone else who works with high school students in your community. Please let us know your opinion of this year's *Fuel Up to Play 60* program by visiting ymiclassroom.com/feedback-futp60. We look forward to your comments and suggestions.

Sincerely,

Kristina Moher
Director of Youth Engagement
American Dairy Association North East

About Fuel Up to Play 60

Fuel Up to Play 60 is a free K-12 health and wellness program designed to help schools meet their wellness goals by encouraging youth to eat nutrient-rich meals and participate in at least 60 minutes of physical activity each day.

Fuel Up to Play 60 offers educators many free resources, including a Playbook packed with creative ideas for implementing school wellness plans, annual funding opportunities, personalized educator and student dashboards, and innovative ways to earn incentives and rewards. Individual students also have the chance to become leaders in their schools and communities by becoming *Fuel Up to Play 60* Ambassadors. Any registered school that meets its wellness goals qualifies to become a "Touchdown School" and receives a fun *Fuel Up to Play 60* prize pack for their students. Learn more and sign up at www.fueluptoplay60.com.

Target Audience

Grades 9-12

Program Components

Available at ymiclassroom.com/futp60:

- This one-page teacher's guide with a reproducible activity sheet
- Additional resources, including a reproducible letter to encourage your colleagues to become *Fuel Up to Play 60* advisors

Objectives

- Encourage students to eat a healthy breakfast and get 60 minutes of physical activity every day
- Support health, decision-making, and language arts skills

How to Use This Activity

A Page from the Playbook: Healthy Breakfast

In this activity, students learn why eating a healthy breakfast is important and how it benefits the body and mind. Students will examine their breakfast choices and create a game plan to improve them, including exploring healthy recipes and tracking their progress.

Ask students why they think it is important to eat a healthy breakfast.

Answer: It can increase their academic performance and physical health.

For Part 1 of the activity, students use the featured link to research the association between eating a healthy breakfast and optimal cognitive function, then use the chart to analyze and track their breakfast eating habits for one week. For Part 2, students visit the featured websites to find at least one breakfast recipe their family can add to their morning routine. Have students share their recipes with their families and the class. At the end of the week, have them use the breakfast tracking data on their activity sheets to create



a bar graph showing the breakfast habits for the class. Discuss the results. Invite students to share reasons why they may have skipped breakfast and look for common trends. Then have students brainstorm ideas for making a healthy breakfast a regular part of their morning routine.

Fuel Up to Play 60 Connection

Have students visit the "Breakfast for Everyone—First Meal Matters" play at www.fueluptoplay60.com/playbooks/fuel-up-to-play-60-playbook/breakfast-for-everyone--first-meal-matters to learn about school breakfast plans that schools can implement after the morning bell, such as breakfast in the classroom, grab-and-go breakfast, and breakfast after first period. Discuss the options that best fit your school. Students can work with teachers, administrators, and the school nutrition team to implement the play.

Check Your Touchdown School Progress

There's still time to become a "Touchdown School" by following these simple steps:

- 1. Get Started** — Build a *Fuel Up to Play 60* team of students and educators and complete a School Wellness Investigation. Target deadline: 9/30/20
- 2. Eat Healthy** — Implement a Breakfast After the Bell play. Target deadline: 10/31/20
- 3. Get Moving** — Develop a plan to get students and teachers up and moving each day for at least 60 minutes. Target deadline: 11/30/20

Complete these steps by 11/30/20 for a chance to receive a *Fuel Up to Play 60* student prize pack. Contact futp60@milku4u.org to learn more.

Watch for New Lessons!

Every two weeks, new *Fuel Up to Play 60* lessons will be posted at ymiclassroom.com/futp60.



AMERICAN DAIRY ASSOCIATION



THE NFL MOVEMENT FOR AN ACTIVE GENERATION



FUEL UP



Questions? Contact YMI toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.

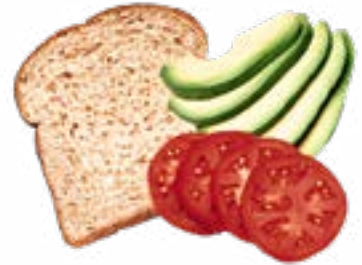
* www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf



A Page from the Playbook


Healthy Breakfast

Part 1: Starting the day with a healthy breakfast is a smart play. It provides a boost to your body and mind. The evidence is clear. See for yourself! Visit www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf. Find three statements of evidence that associate eating a nutritious breakfast with academic achievement and list them on the lines below.



1. _____
2. _____
3. _____

Too busy for breakfast? Think again! A little planning goes a long way. Track your breakfast habits for a week. Be honest! Then bring this activity sheet with the completed chart back to class. As a group, discuss any reasons why you might skip breakfast and how you can improve your breakfast eating habits.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Ate breakfast?	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no
What I ate							
							

Part 2: Plan ahead! Grabbing a cookie on the way out the door does not equal a nutritious breakfast. Instead, fuel your body and mind with healthier options. Need ideas? Explore healthy breakfast options that align with MyPlate guidelines, including fruit, vegetables, protein, whole grains, and dairy favorites. (See choosemyplate.gov for more information.) Visit one of the recipe links below to find at least one breakfast option. Write the recipe name and link below. Then share the recipe with your classmates and your family so that everyone in your household can start off their day with a smart play

- Savor: savorrecipes.com/recipe_cat/breakfast/
- MyPlate: choosemyplate.gov/myplatekitchen/recipes?f%5B0%5D=course%3A119
- Undeniably Dairy: usdairy.com/search-results?query=breakfast%20recipe

Recipe to try: _____

Lead the way to wellness as a *Fuel Up to Play 60* Ambassador! As a student leader, you can rally your peers and work with program advisors to brainstorm ideas, plan, and evaluate how to implement your school game plan. To learn more, visit www.fueluptoplay60.com/get-involved/ambassadors-and-summit with your parents/caregivers.



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