

MY BREAKFAST RESOLUTION

DEAR EDUCATOR,

Make sure your students start the new year right! Use this lesson to help them make a resolution to start each day with a nutritious breakfast.

Ask students to share what they ate for breakfast. Point out that in the rush to get to school and work, people often skimp on breakfast, eating something quick rather than taking the time to eat something nutritious. Some people even skip breakfast entirely, and since their body isn't getting the fuel it needs, they might feel tired, sluggish, or weak later in the day.

One way we can resolve to improve in the new year is to make a resolution to eat a good breakfast every day! Students who eat breakfast do better at school. They pay attention better and remember things more easily.

Pass out the activity sheet and go over the instructions with your students. Kindergarten and first grade teachers might want to do the activity together as a class, while older students can work independently.

Sincerely,

Dr. Dominic Kinsley, Editor in Chief
Young Minds Inspired



MY BREAKFAST RESOLUTION

Eating a good breakfast is the best way to start every day! A breakfast that includes fruits, vegetables, whole grain, good fats, dairy, and protein helps your body and mind get ready for school. So let's make a new year's resolution to eat a nutritious breakfast every morning.

Look at the breakfast options below and circle the one you'd most like to try. Then create your own breakfast item and shopping list in the answer space.



AVO-TOAST

Shopping list:

whole grain bread, avocados, pistachios, salsa, berries, cheese, eggs, and turkey



AVO-WRAP

Shopping list:

eggs, whole grain tortilla, avocados, salsa or chopped tomatoes, ham, cheese



AVO-SMOOTHIE

Shopping list:

bananas, avocados, yogurt, milk, cocoa powder



FAMILIES:

This year, make avocados part of your breakfast routine. Fresh avocados are a heart-healthy fruit. One-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a delicious nutrient-dense choice. Try this recipe from Avocados from Mexico for a breakfast you and your kids are sure to love!



GREEN WONDER AVOCADO + PISTACHIO TOAST

- 1 ripe Avocados From Mexico, gently mashed
- 2 tb honey
- 2 tb dry roasted, unsalted pistachios, shelled
- 2 slices of whole grain bread, toasted

INSTRUCTIONS

Gently mash avocado. Toast whole grain bread. Spread mashed avocado on bread and drizzle with honey. Top with pistachios and enjoy!

MY BREAKFAST	Shopping list:

Now read and sign this breakfast resolution.

MY BREAKFAST RESOLUTION I pledge to eat a nutritious breakfast that includes fruit, vegetables, protein, good fats, dairy, and whole grain every day, to keep my mind and body fit and strong!

Signed, _____



MY BREAKFAST RESOLUTION

Eating a good breakfast is the best way to start every day! A breakfast that includes fruits, vegetables, whole-grain, good fats, dairy, and protein helps your body and mind get ready for school.

Let's make a new year's resolution to eat a nutritious breakfast every morning! First, think about what you can do at home to make sure you have time to eat breakfast in the mornings. For example, perhaps you can prepare the ingredients for breakfast the night before. If you eat breakfast at school, maybe you can set your alarm a few minutes earlier, so you are sure to get to school in time for breakfast. Use the lines below to write two other things that you can do to help keep your breakfast resolution:

1. _____
2. _____

Next, think about what you'd like to eat for breakfast. Use the shopping list below to create three healthy breakfast meals that include fruit, vegetables, protein, good fats, dairy, and whole grain. Write your ideas on the lines below.

Breakfast idea #1:

Breakfast idea #2:

Breakfast idea #3:

Don't those breakfast ideas sound delicious? Now, read and sign the breakfast resolution!

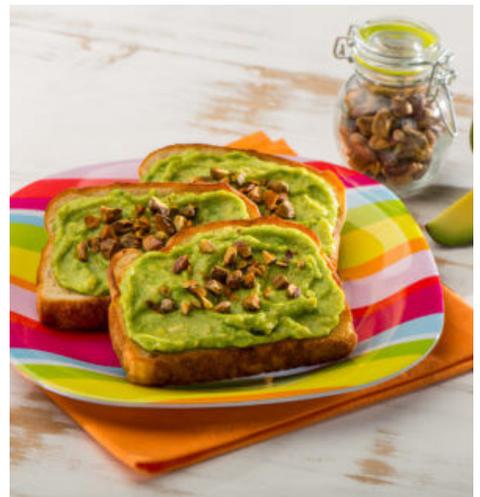
SHOPPING LIST

- avocados
- bananas
- berries
- cheese
- eggs
- ham
- milk
- nuts
- tomatoes
- turkey
- whole grain bread
- whole grain tortillas
- yogurt



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