



Kate Percy's
**Go
Faster
Food**

'Eat like an athlete'

Lesson Plan 7
Brainy Breakfasts

Contents:

Lesson plan 7: overview
Useful resources
Cooking activity

Lesson Plan 7 Brainy Breakfasts

'Eat like an athlete'

Suggested lesson time frame:

45 minutes to 1 hour.

The big picture?

Having learnt about macro-and micronutrients and hydration in the first 6 lessons of the 'eat like an athlete' course, the goal of lesson 7 is to give students a deeper understanding of the importance of breakfast. Why do young people need fuel in the morning, effects of different types of breakfast, and practical ways to prepare a healthy, sustaining breakfast.

Lesson objectives?

To enable pupils to understand:

- Benefits of eating breakfast – energy, concentration, focus, mood.
- Hydration in the morning.
- The difference between sustaining breakfast and 'empty calorie' breakfasts
- The importance of breakfast before physical activity and sports training.
- Top breakfasts and how to make them.

Materials?

For the theory: website resources (www.gofasterfoodforschools.com)

- a variety of breakfast foods – milk, cereal packets (sugary and wholegrain), oats, eggs, wholegrain bread, fruit.

For the cooking activity: ingredients and equipment as listed in the suggested recipe.

Suggested session activities?

1. Use resources below and information on www.gofasterfoodforschools.com (10 mins).
2. Split into groups of four – give each group a commercial cereal packet and ask the group to list the ingredients and the nutritional content of each cereal. Taste, compare, contrast and discuss(10 mins).
3. Weigh out sugar to compare levels (grams) in different cereals (5 mins).
4. Make homemade granola (Go Faster Food for Kids, P 67) (25 mins).

Have they understood the session?

"Eat like a sports star" Great Grub Quiz (see www.gofasterfoodforschools.com for free download).

Cook your own breakfast cereal

- healthy Go Faster Food granola
- pre-school breakfast to feed the brain
- pre & post exercise fuel
- for sustained energy, concentration, focus
- good balance of nutrients

Taste session

- compare homemade granola with commercial varieties, discuss flavour, ingredients & price

Lesson Plan 7

Useful Resources: Slow vs. fast release foods

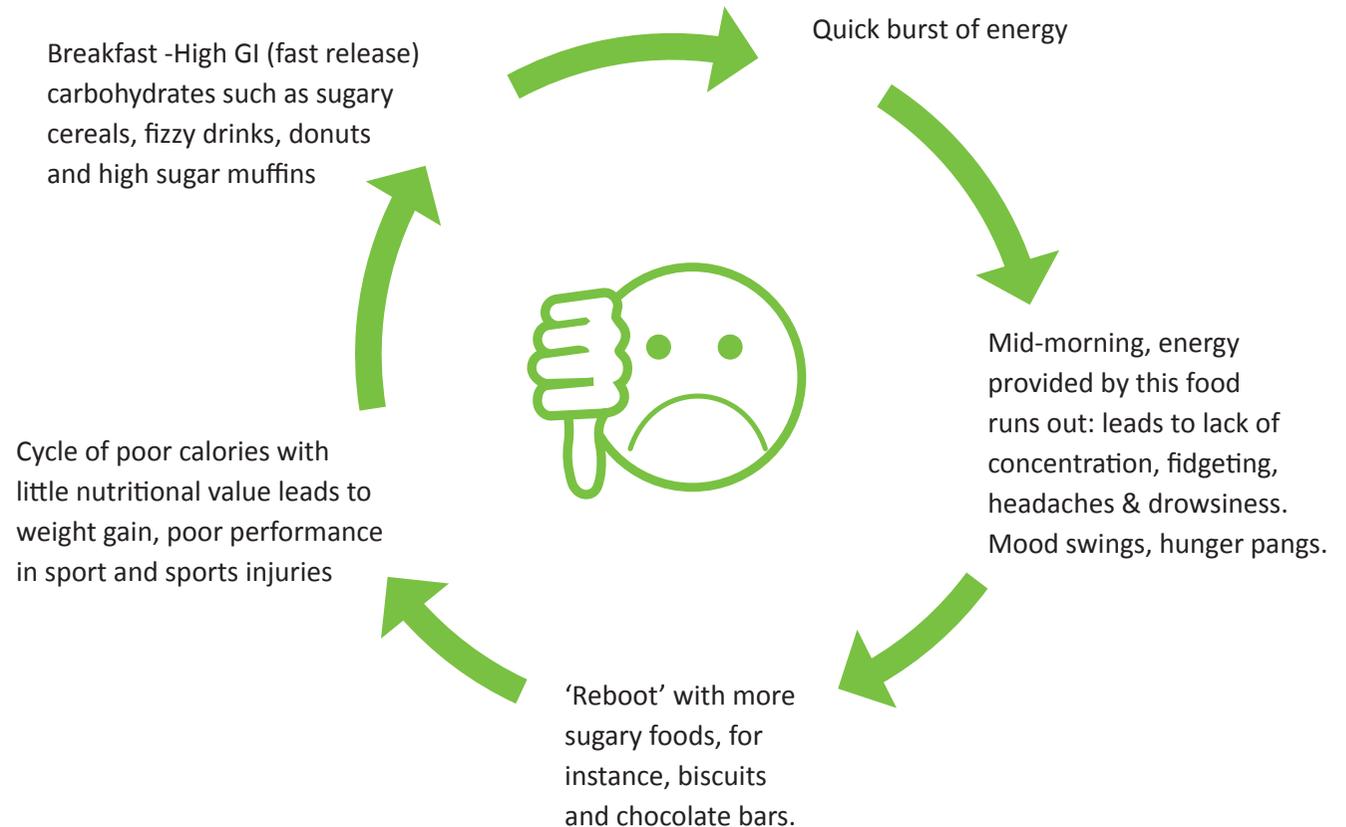
‘Eat like an athlete’

Why do we need to eat right to start the day?

Research shows that eating a combination of slow-release, nutrient-rich carbohydrates, and protein at breakfast has a positive effect on academic performance as well as sports performance.

Research also shows that children who skip breakfast have more difficulty focussing on classroom tasks, concentrating in class and controlling energy levels and mood.

The fast-release breakfast cycle:



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Useful Resources: Slow vs. fast release foods

'Eat like an athlete'

The slow-release breakfast cycle helps –

- school,
- sports training,
- matches and events

The slow-release breakfast cycle:

Breakfast -Low GI (slow release) carbohydrates + a little protein, such as porridge or wholewheat cereal with milk, poached egg on toast
PLUS glass of water, juice or milk

Hydration & fuel to sustain long-term energy to feed body and brain

Mid-morning, concentration, focus, mood levels still good



Steady release of energy to the muscles and brain provides fuel for better concentration and mood, as well as sports performance.
Well-fuelled muscles = less chance of injury.

Top up with water plus a slow release snack such as nuts & raisins, fruit, or maltloaf

**TOP 5
BREAKFASTS**

Lesson Plan 7

Useful Resources: TOP TEN Breakfasts

Porridge with milk, banana plus glass of fruit juice

Poached or scrambled eggs on toast, a piece of fruit plus glass of milk

Granola or muesli with yoghurt and fruit, glass of fruit juice

Banana buttermilk pancakes (see lesson 1), glass of milk

Wholewheat cereal (e.g. Weetabix), milk, handful of nuts, fruit juice





Lesson Plan 7

Cooking Activity: Crunchy Granola

'Eat like an athlete'

- breakfast
- pre-match fuel
- for sustained energy, concentration, focus
- good balance of carbs, protein, good fat, vitamins & minerals

Split into groups.

Read the recipe thoroughly together.

You'll find the recipe on P.67 of Go Faster Food for Kids or in the 'eat like an athlete' course recipe booklet.

Go through the 'healthy eating' points – oats and raisins are slow release, nuts (or seeds if avoiding nuts) for healthy fats.

Taste session - compare homemade granola with commercial varieties, discuss flavour, ingredients & price.

COOKING ACTIVITIES – safety and hygiene guidelines

(please repeat this before all cooking activities)

Before beginning any cooking activity, please ensure that all participants are aware of the importance of hygiene in food preparation.

Here are some important rules to consider when discussing hygiene in food preparation:

- Take any jewellery off.
- Tie your hair back.
- Wash your hands.
- Place a plaster over any cuts.
- Clean the table.
- Wear an apron and clean the front of the apron.
- Use separate chopping boards, plates and utensils for chopping meat, poultry and fresh produce (fruit and vegetables) and always wash these thoroughly after use.
- Wash your hands thoroughly after handling raw meat and fish.
- If you cough or sneeze make sure you wash your hands once again.
- Always wash and dry all equipment, clear up and wipe all surfaces after cooking activity.