

RISE AND SHINE!



AGE RANGE

10–13

OVERVIEW

Students will learn about the key role that making nutritious food choices plays in reducing their risk for developing NCDs. Furthermore, they will explore the role breakfast plays in healthy eating, how to build the most nutritious breakfast possible, and what effect can eating the breakfast daily have on their overall health. They will work together to create a menu for a new breakfast restaurant featuring nutritious but delicious food choices.

TIMING

45–60 minutes

OBJECTIVES

Students will

- Learn the relationship between nutritious food choices and NCDs
- Explore the effects of eating breakfast daily on overall health
- Develop healthy breakfast meal plans
- Create a nutritious breakfast menu

MATERIALS NEEDED BY STUDENTS

- Pencil
- **My Breakfast Plate** student handout- one per student*
- **Breakfast Menu Planning Sheet** student handout- one per student*
- Small poster board (approx. 11"x14")- one per student or group*
- Crayons, coloured pencils, or markers- one pack per student or group*



MATERIALS NEEDED BY VOLUNTEER

- Device with internet access and web camera if presenting virtually
- Large [MyPlate](#) for the day graphic for physical or electronic display
- Timer or electronic/online stopwatch

VOLUNTEER PREP

1. Read the activity instructions to familiarise yourself with the content. Note that lessons are designed to last 45–60 minutes, but each situation will be unique. Use the Lesson At-A-Glance below to guide how long you plan to spend on each section.
2. Prepare all materials before your session. Communicate with your host educator in advance so he/she is able to prepare students and help prepare the space.
3. Decide before your session whether you are going to make students work independently, with a partner, or in small groups. Engage your host educator in determining the best method and classroom setup for your group.

VIRTUAL FACILITATION PREP

If you are presenting this lesson virtually, please note the following additional preparation steps that might be necessary:

1. **Materials Note:* Communicate the list of materials needed by students to your host educator in advance so he/she is able to prepare students and make sure that each of them have the required handouts. There are facilitation options below if the students are in a virtual situation in which they do not have access to the handouts.
2. This activity is written for virtual facilitation by one volunteer. If more than one volunteer desire to virtually present together, it is recommended that you speak with your host educator regarding his/her preferences and limit the number of volunteer presenters to three. It is also recommended that volunteer groups assign sections and practice before their virtual sessions.
3. Prior to your session, coordinate with your host educator regarding preferred e-meeting platform (i.e., Zoom, Skype, Ring Central, Google Hangout, etc.). Determine who will be responsible for setting up the meeting credentials. Also, determine whether students will be on camera, using the chat feature or muted, etc. so you are able to plan in a better way.
 - If possible, consider planning a practice session with your host educator to work out any issues prior to your session.

SUGGESTIONS FOR IMPLEMENTING VIRTUAL MEETINGS

- **Lighting:** Backlight doesn't let audience see you clearly. Make sure that you have sufficient lighting in front of you to ensure that you are clearly visible.
- **Camera Placement:** Try to make sure that your camera is placed at an eye level. This helps to create eye contact and ensure engagement with your audience. You can use books or other items to lift the level of your computer (if using a laptop).
- **Sound:** Make sure that you do a quick sound check before beginning your session. Ensure that you can be heard and that participants do not hear an echo effect. Consider using headphones equipped with a mic.
- **Make Connections:** Remember to try to connect with your audience, which can be challenging, virtually. Connect with them using quick stories or humour. Some suggestions have been included.
- **Troubleshooting:** It is okay to make mistakes or have technology issues. If you have a technology hiccup or things don't go as planned, do your best to reconnect and move forward with your lesson. The best thing you can do is to be prepared by testing your internet connection, sound and video settings prior to your session!

LESSON AT-A-GLANCE

Section	Activity	Approximate Time in a 45-Minute Session	Approximate Time in a 60-Minute Session
Engage	Volunteer introductions and student engagement questions	3–4 minutes	4–6 minutes
Learn	MyPlate for the day and NCDs	6–7 minutes	7–8 minutes
	Importance of Breakfast	2–3 minutes	2–3 minutes
Apply	My Breakfast Plate	7–8 minutes	10–12 minutes
Challenge	Breakfast Menu Planning Sheet	13–15 minutes	15–18 minutes
	Menu creation	9–10 minutes	10–15 minutes
Discuss and Reflect	Share menus and reflect on learning	5–6 minutes	7–8 minutes

PROCEDURE

Engage

1. Take **1–2 minutes** to introduce yourself and Abbott to the class. Explain that you are here on behalf of Abbott’s *Future Well Kids* programme. Abbott is a global healthcare company that makes breakthrough products like medical devices, diagnostic machines, nutrition bars, and generic medications, and the company has a local presence here near them. Tell them that you are excited to help the students live their lives to the fullest through better health and teach them healthy habits that they will be able to use throughout their lives. Try to share a fun fact about yourself to help the students get to know you—such as your favourite breakfast.
2. For approximately **1–2 minutes**, engage students in the upcoming lesson by asking one or more of the following open-ended questions. These questions are intended to get students thinking about their upcoming learning experience and do not have right or wrong answers:
 - What are some of your favourite foods to eat in the morning?
 - When you are able to eat breakfast, what is your favourite thing to have?

VIRTUAL FACILITATION OPTIONS

- If students are on video and able to use microphones, allow them to offer their answers to each other.
- If students are not using video or microphones, encourage students to write their answers down to reference later.

Learn

3. Project or display the [MyPlate for the day](#) graphic and explain that every time we eat, we are making a decision that impacts our health.
4. Ask students what other decisions they make that may impact their health. Accept 2–3 answers such as: how much we sleep, saying no to drugs and alcohol, how much we exercise, etc.
5. Explain that, like these other choices, making the most nutritious food choices possible is an important part of living a healthy lifestyle. Making smart decisions about what we eat is a key to reduce the risk of developing non-communicable diseases, or diseases that are not infectious or contagious. NCDs like type 2 diabetes, high blood pressure, and heart disease can result from lifestyle choices like what we eat, and they can really harm our health over time. Making nutritious food choices helps us get the nutrients we need, helps us maintain a healthy weight, and helps us reduce our risk of developing these diseases.
6. Read the five food groups in the MyPlate for the day graphic. Remind students that in order to obtain positive effects from what we eat, we should try to fit our food into MyPlate for the day’s food groups. Explain that the sizes of each section of the plate demonstrate how our meals should be balanced. To have a nutritious and balanced diet, it is important that the food we eat *throughout the day* should roughly fit into these categories. We might not get every food group in every meal, but we can try to create a balance.

7. Remind students of the saying, “Breakfast is the most important meal of the day.” Share with them some of the reasons that medical experts believe this to be true¹:
 - Skipping breakfast tells your body to conserve calories, thereby leading to weight gain over time.
 - Eating breakfast has several benefits:
 - It jumpstarts your metabolism, so you burn more calories during the day.
 - You tend to eat more fruits and vegetables throughout the day.
 - You usually have higher calcium and protein intake throughout the day.
 - Children usually have better memory and more attention!

Apply

8. Explain to students that since breakfast is so important to overall health, there is a new healthy breakfast restaurant opening in town, and they have to create the menu for it! First, they are going to try to think of as many breakfast foods for each of the five food groups that they can in five minutes.
9. Direct students attention to the **My Breakfast Plate** handout. Give them one example of each food group that might be part of a typical breakfast:
 - Fruit: Orange
 - Vegetable: Spinach
 - Protein: Egg
 - Grain: Oatmeal/Roti
 - Dairy: Milk
10. Remind students that they may have customers who have food allergies to milk, eggs, wheat, etc. It is always a good idea to try to think of examples for each food group that don’t include common allergens if they can!
11. Set a timer for **5 minutes** and instruct students to think of as many examples of breakfast foods as they can before the time goes off and mention the names in the correct section. Let them know that any breakfast foods that don’t fit into one of the five groups can be written down on the side of the paper.
12. Ask one or two volunteers to talk about which food groups had the most examples and which were hard to think of breakfast foods. If students are hesitant to volunteer, offer that it is probably hard to think of a lot of breakfast vegetables, because people in the India don’t typically eat vegetables for breakfast.

VIRTUAL FACILITATION OPTIONS

- If students are in a virtual situation in which they do not have access to the handouts:
 - Display your plate handout via webcam or screenshare and talk through the steps.
 - Students can document their examples on a sheet of paper or in a shared/live document.

¹ <https://timesofindia.indiatimes.com/life-style/health-fitness/diet/why-breakfast-is-important/articleshow/22209273.cms>

HALFWAY POINT



Challenge

13. Explain that in order to create a breakfast menu for a new breakfast restaurant in town, they need to include as many foods from the five food groups as possible and create a menu with nutritious choices that are varied and unique.
14. Direct students' attention to the **Breakfast Menu Planning Sheet**. Note the common themes for sections they might see at a breakfast restaurant or dinner. How can they incorporate the five food groups to create nutritious choices for each section of the menu?
15. Give students **10–12 minutes** to complete their planning sheets. While they are working, all volunteers should rotate throughout the classroom and provide students with brief feedback or assistance. Alternatively, if students are working in groups, a volunteer can be “assigned” to each group to engage with students through the duration of the activity or even participate.
16. When students have finished compiling their menu items, they can use their poster board and colouring materials to create a colourful menu for the new restaurant. If you are facilitating this activity virtually, students can do this on their own or this step can be skipped.

VIRTUAL FACILITATION OPTIONS

- If students are in a virtual situation in which they do not have access to the handouts:
 - Display your planning sheet via webcam or screenshare and talk through the steps.
 - Students can document their plans on a sheet of paper or in a shared/live document.

Discuss and Reflect (Assigned Volunteer(s) _____)

17. Instruct each student or group to leave their menu on their desk. Then, invite students to walk around the room in a gallery-walk fashion to look at each other's menus.
18. To facilitate students' reflection on their experiences during the session, ask one or more of the following questions:
 - Did you notice any trends in everyone's menu choices?
 - Is it hard to plan a nutritious breakfast?
 - Are there any items you eat for breakfast now that you might want to replace?
 - What can you add into your breakfast routine at home to have a healthier start to your day?

19. Before you leave, thank the classroom teacher and students for allowing you to join them today, and encourage them to apply what they have learned during this activity by sharing a nutritious breakfast idea with their families.

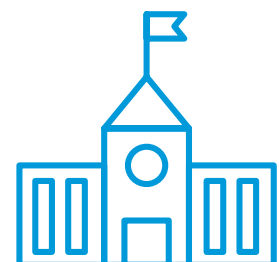
EXTENSION IDEAS FOR EDUCATORS

- Students can eat at or get a menu from a local breakfast restaurant and analyse the choices offered against MyPlate and what they have learnt during this session.
- Students can create a menu that also offers lunch and dinner options, trying to ensure that the daily nutritional recommendations are met through the meal choices they offer.

INDIAN STANDARDS

The NCERT-developed Minimum Levels of Learning (MLL's) are often considered as the graded learning expectations for schools in India. The MLL's are framed in such a manner as to be mechanistic, mentioning highly specific, fragmentary learning objectives in terms of observable behaviour.

- [English Language:](#)
 - Acquire the skills of listening, speaking, reading, writing and thinking in an integrated manner.
 - Develop the ability to express one's thoughts orally and in writing in a meaningful way in the English language.
- [Operational Guidelines for School Health Programme](#)
 - To enable students to articulate their health and growing up concerns without inhibitions.
 - To make students active participants in the learning process
 - To provide age appropriate information about health and nutrition to the children in schools.
 - To promote healthy behaviours among the children that they will inculcate for life.
 - To detect and treat diseases early in children and adolescents including identification of malnourished and anemic children with appropriate referrals to PHCs and hospitals.
 - To promote use of safe drinking water in schools
 - To promote safe menstrual hygiene practices by girls
 - To promote yoga and meditation through Health & Wellness Ambassadors.
 - To encourage research on health, wellness and nutrition for children



MYPLATE GRAPHIC

My Plate for the Day

Promotes Health
Prevents Hidden Hunger and Protects from Diseases

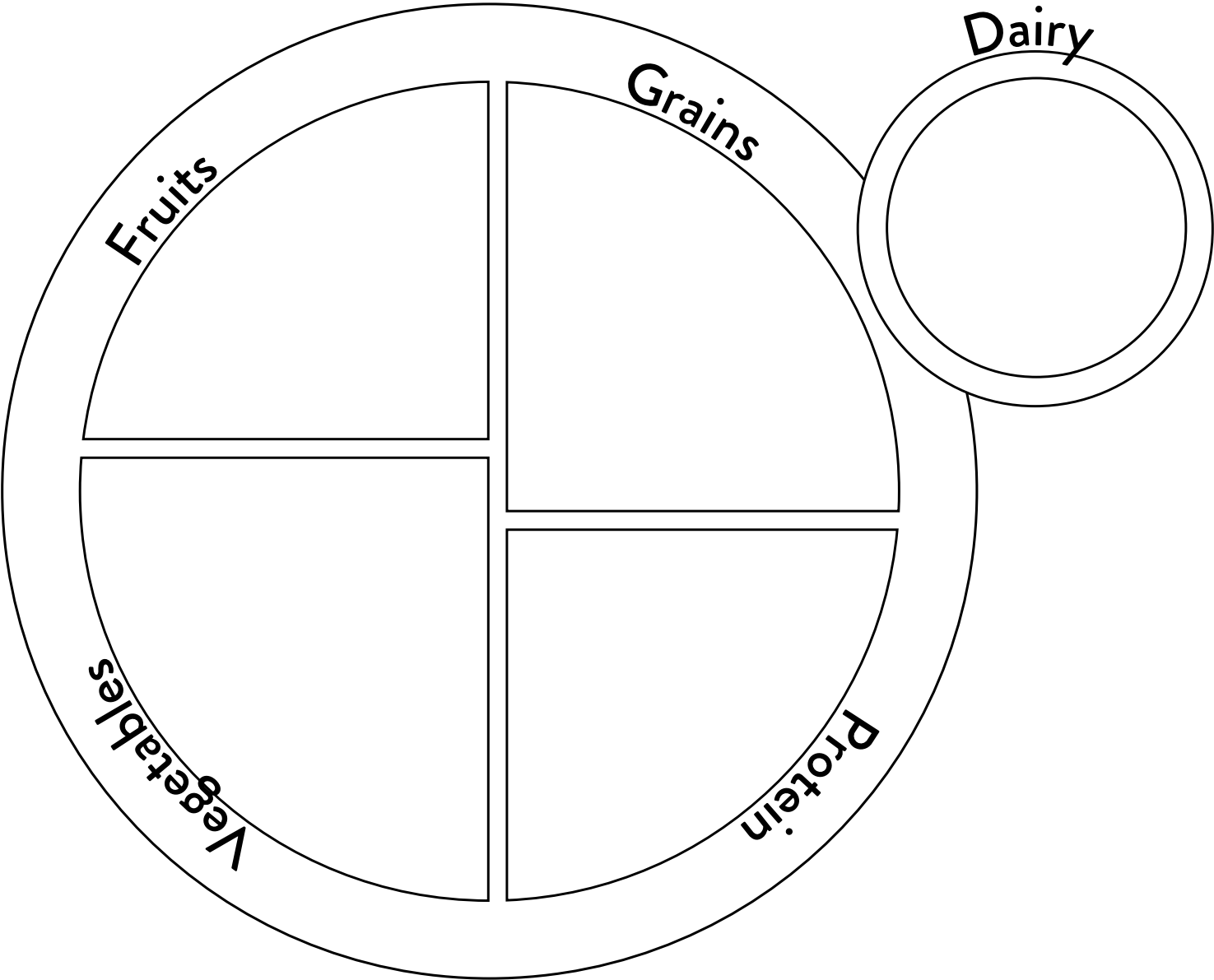
The graphic shows a white plate with various food items arranged in sections. The sections are labeled with their respective food groups and quantities:

- Fruits:** 150 gms (includes apples, oranges, lemons, grapes, bananas, and pineapples)
- Vegetables:** 350 gms (includes leafy greens, tomatoes, carrots, and beans)
- Pulses, Eggs & Fish foods:** 90 gms (includes lentils, chickpeas, eggs, and fish)
- Nuts & Seeds:** 30 gms (includes almonds, walnuts, and sunflower seeds)
- Fats & Oils:** 27 gms (includes ghee, oil, and butter)
- Cereals & Nutticereals:** 240 gms (includes rice, wheat, and millets)

A glass of **Milk / Curd** (300 ml) is shown next to the plate.

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MY BREAKFAST PLATE



BREAKFAST MENU PLANNING SHEET

Main Section 1
Choice 1:
Choice 2:
Choice 3:



Main Section 2
Choice 1:
Choice 2:
Choice 3:



Combos
Choice 1:
Choice 2:
Choice 3:



Side Items
Choice 1:
Choice 2:
Choice 3:



Drinks
Choice 1:
Choice 2:
Choice 3:

