

Elementary School Breakfast Activities for the Classroom and the Whole School

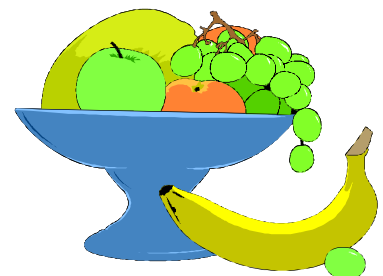
While providing activities and event days in the cafeteria is fun for the kids who consistently eat School Breakfast, it is important to extend breakfast promotion into other parts of the school in order to attract new students to the program. First and foremost, teachers should educate children about the importance of breakfast and remind them that School Breakfast is available.

Here are a few more ways you can remind students about School Breakfast and get them excited about being a part of it.

THE BREAKFAST CLUB

Start a Breakfast Club in your school; all children have to do to join is eat breakfast. Teachers can work with students to create Breakfast Club Charts to record the number of days a month each child eats breakfast whether it be at school or at home. By incorporating the breakfast chart into the morning classroom routine, teachers will be giving students a constant reminder about the importance of breakfast. The PTA can help solicit donations for Breakfast Club membership-wear (tee shirts, hats, etc.) and other prizes. On the last day of each month, you can turn School Breakfast into a Breakfast Club membership party. Cafeteria staff may be able to decorate the cafeteria and play music. All children can be encouraged to come and the healthiest class or student with the most consistent breakfast attendance can be presented with an award. Why not reward that student by letting him/her read the School Breakfast menu over the PA?

**Massachusetts
Department of Education**



BREAKFAST POSTER CONTEST

Give your students a chance to show you what they've learned about breakfast by holding a school-wide poster contest. Teachers can direct students to design posters that illustrate and promote how they feel when they eat breakfast. Choose a winner from each class and then from each grade. Cafeteria staff can use the design and slogan from the winning poster to promote their School Breakfast Program.

EVERY WEEK IS BREAKFAST WEEK

Assign one class to decorate the cafeteria for School Breakfast each week. Teachers can work with students to come up with a theme for the week and banners and decorations that are both fun for children, and also teach them more about the importance of eating breakfast. The cafeteria manager can tally the number of School Breakfasts served each week, and post the numbers on a chart in the cafeteria. At the end of the year, the class who attracted the most students to breakfast can win a field trip or special activity time.

STUDENT CHEFS PREPARE BREAKFAST

Challenge students to use what they've learned about balanced breakfasts by helping them prepare a class breakfast for their parents. Teachers can work with students to choose a nutritious menu, create invitations, and prepare the meal.

Massachusetts
Department of Education

