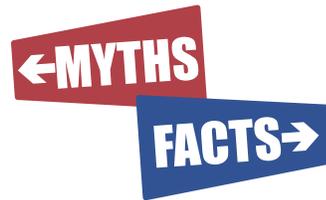


# Breakfast Myths Guide



Conduct a “Human Barometer” activity exploring students’ attitudes about breakfast. Label one side of the room “Agree” and the other side “Disagree.” Ask students to gather in the center of the room, read the statements below, and instruct them to walk to the side of the room that represents their opinion. Choose a volunteer or two from each side to explain their point of view before moving on.



**It is hard to find time to eat breakfast.**  
**Agree or disagree.**

→ There are many ways to eat a quick breakfast, as we’ll see in the video we’re going to watch next.



**Eating breakfast helps me focus in class.**  
**Agree or disagree.**

→ Eating a balanced, nutritious breakfast can help you concentrate in class (it’s hard to pay attention when you’re hungry!).



**Eating breakfast gives me energy to be active.**  
**Agree or disagree.**

→ Eating a balanced, nutrient-dense breakfast can help you have energy (which allows you to move and be active).



**Breakfast is a good time to eat fruits and vegetables.**  
**Agree or disagree.**

→ Fruits and vegetables can be important components of a balanced breakfast. Most middle school students in the United States don’t eat enough fruits and vegetables, and breakfast provides a way to include more of these foods in your diet.