In this lesson, high school students discuss the importance of eating breakfast every morning and follow up the conversation by executing two simple, seasonal, accessible, and affordable recipes that can be enjoyed for the most important meal of the day.

Objectives

Students will be able to:

- articulate the physical and psychological benefits of eating breakfast
- follow two simple breakfast recipes for breakfast and complete them independently, from start to finish
- understand how shopping budgets work and that it cooking from scratch is one of the most affordable ways to eat

Assessments

Materials

Strawberry Yogurt Parfaits

INGREDIENTS

¼ cup of strawberries
½ cup of vanilla or plain yogurt
¼ cup of oats
a taste of honey

Spinach & Cheddar Omelette

INGREDIENTS

¼ cup filling (spinach, mushrooms, & cheddar)
1 teaspoon butter
2 eggs
1 tablespoon milk or water
salt to taste

Other Materials

- pan
- spatula
- cups
- spoons
- plates
- forks

Preparation

Strawberry Yogurt Parfaits

PREPARATION

In a cup, layer in yogurt, oats, strawberries and repeat. Add honey. Mix ingredients together and enjoy!

Spinach and Cheddar Omelettes

PREPARATION

Begin with the filling. Sautee spinach in a pan with butter and set off to the side. Grate cheese and set off to the side.

Crack the eggs into a small mixing bowl. Stir gently with a fork and season until well-beaten.

Heat the pan and add butter, making sure the butter coats the bottom of the pan. Slowly pour in egg mixture into the pan.

Cook for another minute before adding spinach and cheese.

Tilt the pan to one side and use the spatula to fold approximately one third of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan. Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath.

Procedures

Welcome/Introduction

Message: Eating healthy is not about being skinny or eating what foods you think are "trendy". Rather, eating healthy is about taking care of your body to make you the best person you can be. Taking time to prepare healthy and affordable dishes is one of the most important things you can do for yourself.

Why Breakfast?
Why is it important to start off the day with a healthy breakfast?

- energy for the day
- increases ability to concentrate
- improves mood

Create a dialogue around breakfast. Ask students to share what they had for breakfast that morning and then ask students to share what they love to have for breakfast.

Cooking Portion:

Strawberry Yogurt Parfaits (see preparation section)

Spinach and Cheddar Omelettes (see preparation section)

Once the recipes are completed, sit down with students around a communal table and enjoy the food. Create a dialogue around the process they underwent and ask them to reflect on how the lesson felt, from start to finish.

**CC License:** I agree that by publishing this content on our website, I am making it available under the terms of a Creative Commons Attribution-ShareAlike 3.0 Unported License. [3]

[link to Creative Commons license]

This work is licensed under a Creative Commons Attribution-ShareAlike 3.0 Unported License.

**Source URL:** https://edibleschoolyard.org/resource/breakfast-most-important-meal-day

**Links:**
[1] https://edibleschoolyard.org/program/akasa