

Facilitator Guide

Lesson 2: Startin' Smart with Breakfast



Actionable Outcomes:

By the end of the lesson, students will:

- practice proper handwashing techniques.
- learn food preparation skills.
- recognize the importance of eating a variety of foods.
- establish the need to implement physical activity daily.



Supplies for Lesson 2: Egg-Me-On Sunrise Sandwich

Equipment

Mixing bowl
Measuring spoons
Glass measuring cup
Fork
Baking pan
Cooking spray
Spatula
Foil

Ingredients

whole wheat English muffins
eggs
shredded cheddar cheese
salt
pepper

Other

plates
napkins
paper towels
hand soap
dish soap

Supplies for Lesson 2: Munchin' Muffins

Equipment

Large mixing bowl
Medium mixing bowl
Measuring spoons
Measuring cup
Cooking spray/liners
Cutting board
Spoon
Cookie scoop
Muffin pan
Knife

Ingredients

whole wheat flour
baking powder
salt
cinnamon
low fat milk
egg
vegetable oil
honey
apple

Other

plates
napkins
paper towels
hand soap
dish soap