

# BREAKFAST FOCUS Menu

Thank you for choosing **Breakfast Access** as the focus for your Explore.Act.Tell. project. In addition to the lessons, this menu can be used to focus and enhance your efforts.

If your students choose Breakfast as their project focus, click [here](#) to apply for a start-up grant.\*

## LESSON 1

### Breakfast: The Most Important Meal of the Day

Have you ever wondered:

- Why do people say breakfast is the most important meal of the day?
- What kinds of foods are healthy breakfast foods? What happens when you don't eat breakfast?

### *Did you know?*

- Three items—or 1.2 pounds of food—is considered one meal.
- Breakfast is defined as the first meal eaten in the day.
- People of different cultures and backgrounds eat different kinds of food for breakfast. If the food is eaten as the first meal of the day, it is considered breakfast food.

## Project Ideas

Use everything you have learned about hunger and food insecurity to develop a project with the specific focus to **MAKE BREAKFAST MORE AVAILABLE IN YOUR SCHOOL OR COMMUNITY**. You may work on your own or collaborate with a team of students.

Brainstorm all the ways you could make breakfast more available in your school or community. Write your ideas below. If you run out of room to write your ideas, use another sheet of paper. The more ideas, the better!

## LESSON 2

### Apply the Activities to Your Breakfast Focus

Now that you have defined the focus of your project, use lesson 2 to create your plan.

Will you be:

- improving access to breakfast by creating new processes or distribution options?
- increasing the availability of breakfast food or meals?
- educating your community or school on the need for eating a healthy breakfast everyday?
- or doing something else that makes breakfast a better meal, available to more people?



## LESSON 3

### Complete your project

Follow the activities in the Explore.Act.Tell. lessons to complete your project!

*We can't wait to see your results!*

## LESSON 4

### Create a Presentation and Story Video

Two important parts of your Challenge entry are the presentation and story video that will share your project results and inspire others to join the cause of improving access to breakfast in your community.

#### STEP 1 – CHOOSE A PRESENTATION FORMAT

- Essay
- Blog
- Poster
- PowerPoint Presentation
- Tri-board presentation

#### STEP 2 – CHOOSE A STYLE FOR YOUR STORY VIDEO

- ELEVATOR SPEECH - where students share a short recap of their project focus
- VIGNETTE OR SKIT - students tell the story of their project action and results in a fun way
- PHOTO SLIDE SHOW - will captions to explain your project journey and results
- CREATIVE RECAP of your story

#### STEP 3 – CONSIDER THE FOLLOWING QUESTIONS AS YOU CREATE YOUR PRESENTATION AND VIDEO

- What is the key message you want to deliver?  
(Connect your key message with your project goal. You should be able to state your message in a short phrase or sentence.)
- What project results might most inspire others to take action as a result of this message?
- What action(s) do you want people to take after reading or viewing your presentation?