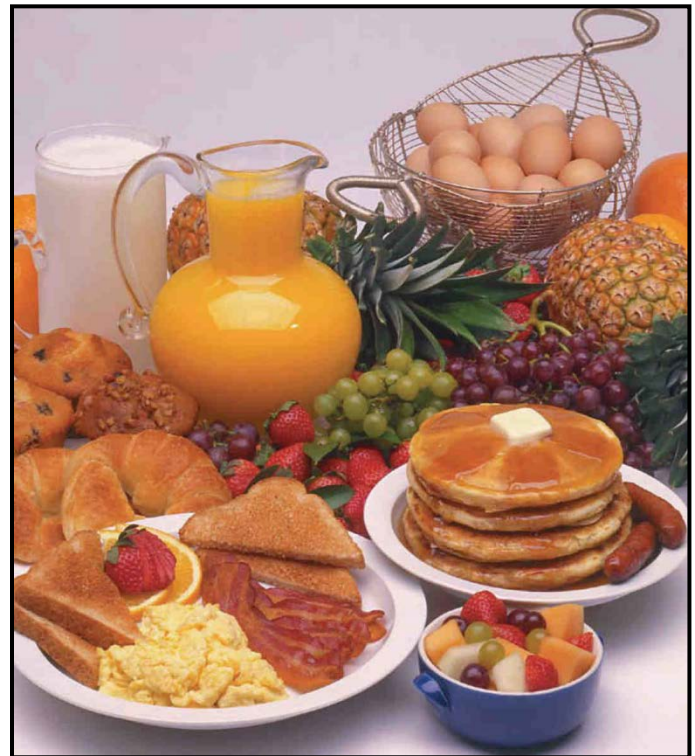


BREAKFAST

CLASSES 2 through 5



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CLASSES 2-5

LEARNING OBJECTIVES:

At the end of lessons 2 through 5, participants will be able to:

1. discuss at least two reasons why breakfast is an important meal
2. demonstrate at least one way to cook an egg and discuss the nutritional benefits of eggs
3. demonstrate how to make and cook a batter for pancakes, waffles or French toast, and discuss at least two options for making those foods healthier
4. demonstrate how to make smoothies or fruit parfaits, and discuss how to make these healthy breakfast options
5. discuss at least three key components of a well-planned, healthy breakfast



OVERVIEW, WHY IS BREAKFAST IMPORTANT & MASTERING THE EGG

CLASS 2



HEALTH BENEFITS OF BREAKFAST

- Breakfast enhances your body's metabolism
- Eating breakfast improves your daily nutrient consumption
- Breakfast is essential for improving your concentration and productivity throughout the day
- Eating a healthy breakfast plays an important role in controlling weight gain
- Breakfast keeps you energized the whole day and controls your hunger and snacking urges



WHAT MAKES A GOOD BREAKFAST

- Strive for 5
 - 5 grams of fiber
 - 5 grams of protein

- Think 3 types of foods:
 1. Whole Grains (WG) for energy and fiber
 2. Fruit (F) for even more fiber and for vitamin power
 3. Protein (P) for lasting energy



WHOLE GRAINS

- Whole grains may be cold or hot cereals, whole grain toast, English muffins, or bagels
- When choosing cereals, look at the list of ingredients on the label
 - the first ingredient should be a "whole" grain, which implies less processing and less added sugar
 - add a tablespoon of bran to your cereal for crunch, fiber, and vitamins
- Instead of buying pre-sweetened and flavored hot cereals, make your own!
 - add applesauce, dried fruit, or diced fresh fruit; sprinkle with a small amount of brown sugar and cinnamon
- Avoid so-called "breakfast bars"



FRUITS

- Many people eat fruit only once a day, with breakfast
- Fresh berries taste great on a host of cold cereals
 - melon mixed with oatmeal is a real treat
 - make fruit salad for dinner, and eat the leftovers for breakfast, mixed with yogurt and low-fat granola
 - make a "pizza" from leftover or frozen pancakes or waffles: top with yogurt, add cut-up fruit and a drizzle of maple syrup



PROTEIN

- Foods containing protein keep our hunger satisfied longer and make breakfast a complete meal
 - dairy products such as milk and yogurt are excellent sources of protein
 - the traditional egg for breakfast also supplies protein, but often with a not-so-healthy dose of fat
 - try poached or boiled eggs with whole grain toast
 - top a whole-grain English muffin with an egg (fried in a non-stick skillet with cooking spray) and a slice of low-fat cheese
 - instead of high-fat sausage or bacon, try Canadian bacon
 - many people like egg substitutes
 - make them into omelets filled with vegetables; scramble with bits of Canadian bacon; or try them in French toast



MASTERING THE EGG

- Eggs are nutritious
 - Eggs are a naturally nutrient-dense food
 - One large egg has only 75 calories and provides 13 essential nutrients in varying amounts
- How to Cook Eggs:
 - Boiled eggs
 - Scrambled eggs
 - Poached eggs
 - Fried eggs
 - Baked eggs



BOILED EGGS

- Start with eggs with no visible cracks
- Do not add salt to water
 - the salt will raise the boiling point of the water making the egg whites rubbery
- To get perfectly peeled hard-cooked eggs, use eggs that are at least 3 to 5 days old
- Bring your eggs to room temperature before cooking



TECHNIQUE FOR HARD-COOKING EGGS

- Place the eggs in a single layer in a pan with enough cold water to cover eggs completely (approximately by 1 inch)
- Place over high heat, bring water JUST to a rapid boil
- As soon as the water reaches a rapid boil, remove pan from heat and cover egg pan tightly with a lid
- Set timer for 17 minutes for large eggs or 20 minutes for jumbo eggs
- After exactly 17 or 20 minutes, remove from heat and drain off water from the eggs
- Transfer the eggs to the bowl of ice cubes and cold water
- Let eggs cool at least 10 minutes in cold water, then drain
- Either store in refrigerator or peel the eggs and then refrigerate
- Refer to handout for cooking times for large boiled eggs



TECHNIQUES FOR SCRAMBLED EGGS

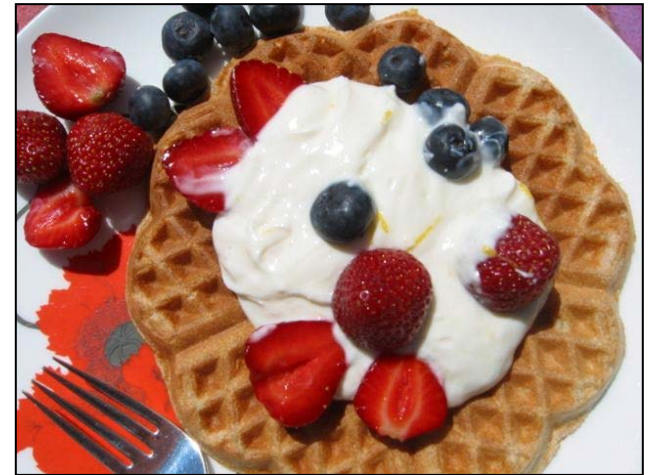
- The secret to successfully scrambling eggs is slow cooking
- Always remove scrambled eggs from the heat when they are almost set but still appear shiny and a bit underdone
- After removing from the heat, add a teaspoon of cold skim milk for each four eggs and stir fast for a second
- Microwave:
 - in a custard cup, beat together eggs, milk, and salt and pepper
 - cook on full power, stirring one or twice, 1 to 1 1/2 minutes or until almost set
- Recipe to try – Breakfast in a Cup (refer to handout)



PANCAKES & WAFFLES-

HOW TO MAKE & COOK BATTERS

CLASS 3



BATTER BASICS

- Measure all ingredients carefully, paying particular attention to Tbsp. (Tablespoon) versus tsp. (teaspoon). One Tbsp. = 3 tsp.
- If your flours are lumpy, consider sifting them
- In most cases the dry ingredients are mixed together separately and then added to the liquids
- You can always substitute whole wheat flour for half of the white flour without hurting the batter
- Stir as directed; many batters are supposed to be lumpy



PRACTICE COOKING

Try the following recipes:

- Pancakes from the Pantry
- Sweet and Savory Muffins
- Fluffy French Toast
- Banana Tortilla Wrap
- Peanut Butter and Jam Wafflewiches
- Apple Puff Pancake

Refer to handout for details



OTHER BREAKFAST ITEMS- FRUIT, YOGURT & CEREALS

CLASS 4



TRY THESE RECIPES:

Ideas for fruit, yogurt, and cereals (refer to handout):

- Strawberry-Banana Parfaits
- Fruit Wraps with Dipping Sauce
- Crunchy Trail Mix Bars
- Creamy Apple-Raisin Oatmeal
- Baked Apple Oatmeal
- Breakfast Fruit Shake
- Berry Banana Smoothie

Refer to handout for details



PLANNING A GOOD BREAKFAST - PUTTING IT ALL TOGETHER

CLASS 5



THE QUICK BREAKFAST

- Think about uncooked foods
- Remember to include all three types of food – Fruit (F), Whole Grains (WG) and Protein (P)
- Examples:
 - Peanut butter (P), banana (F) and whole wheat tortilla (WG) wrap
 - Fruit and Yogurt smoothie (F & P) with whole wheat toast (WG)
 - Homemade granola bar (WG & F & P) with a glass of low-fat milk (P)
 - Strawberry-Banana Parfait (P & F & WG)



THE PLAN AHEAD BREAKFAST

- Think about using leftovers
- Prepare it the night before so you spend less time in the morning
- Examples:
 - Leftover cooked brown rice (WG) with diced fresh, canned, or dried fruit (F) and low-fat milk (P)
 - Fruit Wraps (WG & F) with Dipping Sauce (P) with a glass of low-fat milk (P)– Make wraps the night before and bake them in the morning
 - Breakfast in a Cup (Made ahead and frozen) (P) on toasted whole grain English muffin (WG) with fresh fruit (F)



THE BRUNCH

- Brunch = Breakfast + Lunch
- Think about leisurely meal that is heartier than breakfast
- You still need to include all three food groups
- Examples:
 - Fresh fruit and yogurt parfaits (F & P), pancakes from the pantry (WG) with unsweetened applesauce (F), grilled ham or Canadian bacon and/or scrambled eggs (P)
 - Fruit smoothies (F & P) with baked apple oatmeal (WG & F) and toasted whole grain bread (WG)
 - Baked Whole Grain Stuffed French Toast*(WG & P), bacon or sausage (P), Fruit cup (F)

*Refer to handout for the Baked Whole Grain Stuffed French Toast recipe



REMEMBER...

- Breakfast jump-starts your metabolism and improves concentration and productivity
- Eating breakfast helps with weight management
- Strive for 5
 - 5 grams of fiber
 - 5 grams of protein
 - Think three types of food
 - Whole grains
 - Fruit
 - Protein-containing foods

