

## The Breakfast Checklist

Time of Video	What is going on	Details
0-1:min	-Title -Excite: Testimonials from 3+ “teens”	-Testimonials include 3 different teens talking about how changing from not eating breakfast to now eating a healthy breakfast positively impacted their life and was easy to do
1-3min	(Explain) Introduction of the presenters Name objectives Name what we will do in this video	-Possibly filmed on Zoom, the three presenters name themselves and their “expertise.” We review the student learning outcomes from this program and explain how we will educate on the components of healthy breakfast based on MyPlate, and demonstrate 3 techniques with a checklist and recipe demonstrations. We’ll explain each technique that will be covered in hopes to solve any problems preventing them from eating a healthy breakfast. - <i>Social Media Campaign explanation?</i>
3-6min	(explain & expand) MyPlate Lesson	-We will show the MyPlate image, review examples of each food group and the key nutrients within each food group. We’ll remind them that sugar, sodium, and saturated fat should be consumed minimally and remind them to drink water. -We will show images of 3+ breakfasts that meet the MyPlate standards - <a href="#">Powerpoint</a>
6-10	(explain & expand) Preparing healthy breakfast in advance	-One presenter will explain the checklist for preparing breakfast food on Sunday that will cover 5 days of breakfast and require minimal preparation before school. -They will also demonstrate one recipe that can meet these standards.
10-14	(explain & expand) Preparing a healthy breakfast before school	-One presenter will explain the checklist for preparing breakfast food each

		<p>morning before school..</p> <p>-They will also demonstrate one recipe that can meet these standards.</p>
14-18	<p>(explain &amp; expand)</p> <p>Free food! Getting to school early enough to eat the breakfast provided in the cafeteria</p>	<p>-One presenter will explain the checklist for waking up in-time and being organized to get to school early enough to eat in the cafeteria</p> <p>-They will also demonstrate choosing foods in the cafeteria that meet the MyPlate standards.</p>
18-20	<p>(exit)</p> <p>Conclusion!</p>	<p>-All 3 presenters together again. Thank the students for participating and offer words of encouragement. If time, a quick review of each checklist and encouragement to hang the checklists that work for them in their kitchen as reminders.</p> <p><i>-Social Media Campaign explanation?</i></p>

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