

Yam and Eggs

Background

Breakfast is a combination of the two words “break” and “fast.” A fast is a period of time when you go without eating. Your morning meal breaks your overnight fast.

Breakfast is important because after 8-12 hours without eating, your body needs fuel to get going and function properly. Without breakfast we are less productive, have less ability to learn and may have a bad attitude. To give you enough energy, breakfast should give you about one-fourth of your calories and nutrients for the day.

In our nation’s past, people rose while it was still dark and ate huge breakfasts to help them get through long mornings of hard work. Even those who didn’t do hard physical labor sometimes got into the habit of eating a big breakfast.

In 1880 the president of a railroad company in the US wrote home to his wife about his breakfast: two trout, bacon, lamb chops, fried potatoes and tomatoes, biscuits and honey, fried eggs and ham, a stack of griddle cakes and sausages with maple syrup.

Around the world, street vendors sell morning food from food stalls. In Italy there is breakfast pizza. In Egypt there is fava beans with pita bread. Congee rice, rice boiled in water until it is thick and soupy, is sold on the streets of Hong Kong, Taiwan and China.

In the highlands of New Guinea, a large island north of Australia, in the Pacific, a traditional breakfast is a piece of sweet potato (Kau Kau) pulled from the hot coals of a fire. Children sometimes walk to school with their Kau Kau on the end of a stick they carry on their shoulders.

On the Ivory Coast of Africa a favorite dish is yam and eggs. The yam is browned and mashed until it is about a half inch thick. Then it is salted and sprinkled with chili powder. The eggs are placed on top, and the whole dish is cooked in the oven until the eggs are done.

Australians spread Vegemite, a dark brown extract from yeast, on toast. It tastes awful to people not used to it, but so does peanut butter to many non-Americans.

Ready-to-eat cereal is eaten by millions of people worldwide. People in Ireland eat the most—an average 17 pounds of dry cereal per person per year. Americans eat an average 10 pounds per person. Brazilians eat only one ounce per person.

Cold cereal as we know it was invented in the early 1900s by the Kellogg brothers of Battle Creek, Michigan. John Kellogg believed heavy breakfasts

P.A.S.S.

KINDERGARTEN

Math—4.5,6; 5.1,2

GRADE 1

Writing—2.1,3

Social Studies—2.2,3;
4.1,2

Math Process—1.2; 2.1;
4.4; 5.1,2

Math Content—4.2a; 5.1,2

Health—3.6

Science Process—3.2

GRADE 2

Writing—2.4

Social Studies—2.3; 4.2

Math Process—1.2; 2.1;
4.4; 5.1,2

Math Content—4.2a; 5.1a

Health—3.1,6

Science Process—3.2

Physical Science—1.3

GRADE 3

Writing—2.1

Social Studies—1.1

Math Process—1.2; 2.1;
4.4; 5.1,2

Math Content—4.2b; 5.1a

Health—3.1,6

Science Process—3.2

Materials

world map

were bad for people and that they should eat only vegetables and grains. In those days a kind of cold cereal was made by making thin biscuits, baking them, crushing them, and then baking the crumbs again. The crumbs were so tough they had to be soaked overnight in order to be chewable the next day.

In most homes at that time, a porridge of oats or wheat was cooked all night and served warm for breakfast. Kellogg wanted a cereal that was ready to eat and could be kept in a box. His younger brother, Keith, worked with him to invent this new food. In 1894, the brothers made a mistake and left a batch of soaked wheat kernels out overnight. The next day, they discovered that when the damp wheat berries were pushed through rollers, each made a flake. They called it “Granose” and sold it as a health food.

Peanut butter or cream cheese on toast, tortilla or English muffin; fruit and nuts with yogurt, or sprinkled over cereal; leftover pizza, lasagne or macaroni and cheese heated in the microwave—any food can make a good breakfast, as long as it gives your body the nutrients it needs to get you through the morning.

Health

1. Read and discuss background material.
 - Lead a discussion about the importance of eating breakfast. Ask students if they have ever seen anyone eat something surprising for breakfast.
 - Ask students to list their favorite breakfast foods. Does anyone eat something unusual for breakfast? Make a list on the chalkboard of all the breakfast foods students can think of.
2. Prepare one or two of the breakfast dishes listed on “What’s for Breakfast?” and bring them to class for students to try.

Social Studies

1. Hand out “What’s for Breakfast?” or read the information to the class.
 - Students will locate the countries listed on a map of the world.
 - Discuss possible reasons why people in different countries eat different kinds of food for breakfast and other meals (availability, custom, etc.)
 - Why do we eat the foods we eat for breakfast?

Math/Language Arts

1. Review with students how to tell time on the hour, half hour, quarter hour, and nearest five minutes.
2. Hand out copies of the clock worksheet each day for a week.
 - Students will keep journals of what they ate for breakfast and at what time.
 - Challenge students to try something they have never had before at least once during the week.
 - Each day ask students to volunteer to share their journals and tell what they ate that was different. As students list breakfast foods, have the class place them on the USDA Food Guide Pyramid.

3. Students will bring their favorite breakfast foods to class and have a breakfast pot luck. Make sure students bring enough for themselves and one or two others. Have students vote on their favorite foods. Tally and chart the results.

Science

1. Show students that the iron in their cereal is the same kind of iron found in nails and cars.
—Crush two or three cups of iron-fortified cereal in water. Stir a strong magnet through the mixture for a minute or two. When you pull the magnet out, there will be a thin coat of ground-up iron particles (looks like black hairy fuzz).

Extra Reading

Albyn, Carole Lisa, *The Multicultural Cookbook for Students*, Oryx, 1993.

Carle, Eric, *Today is Monday*, Philomel, 1993.

Kovalski, Maryann, *Pizza for Breakfast?* Morrow Junior Books, 1990.

Solheim, James, and Eric Brace, *It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History*, Aladdin, 2001.

Swain, Gwenyth, *Eating*, Red Leaf, 1999.

Vocabulary

breakfast—the first meal of the day

fava beans—broad beans

fuel—a source of energy

function—to serve a certain purpose

pita bread—a thin, flat bread

tofu

Vegemite—a dark brown Australian food paste made from brewer's yeast extract. It is a spread for sandwiches, toast, crumpets and cracker biscuits, and filling for pastries.

yam—an edible starchy root that is an important food in tropical areas

Name _____

What's for Breakfast?



In Japan?

- Miso Shiru: Soybean and rice-based soup, with kelp and flakes of bonito tuna.
- Rice and nori (roasted seaweed)
- Umeboshi (pickled red plums)
- Raw egg and broiled salmon



In China?

- Congee (rice porridge): Rice cooked in lots of water until the rice is creamy, then garnished with cooked meat or fish, clams, seaweed or tofu (soybean curd). — Stir-fried vegetables like broccoli and eggplant are added, and then it is topped with bean sprouts and hot pepper sauce
- Soy milk (sweet or salty)



In Malaysia?

- Nasi Lemak: Rice cooked in coconut milk and served with spicy chicken, anchovies, peanuts, cucumbers and hard-boiled eggs.
- Spicy prawn sambal: Chili peppers, garlic, and shrimp paste are chopped and sauteed, lime juice is squeezed on top and all is wrapped in a banana leaf.



On the Ivory Coast?

- Yam and eggs: A yam is browned then mashed until it is about half an inch thick. Then it is salted and sprinkled with chili powder. Eggs go on top, then the whole thing is cooked in an oven until the eggs are done.



In the Middle East?

- Pita (flat bread) and Dibs (a bread spread made of sweetened carob bean or date syrup)
- Labani balls (tangy cheese balls made from yogurt and olive oil)

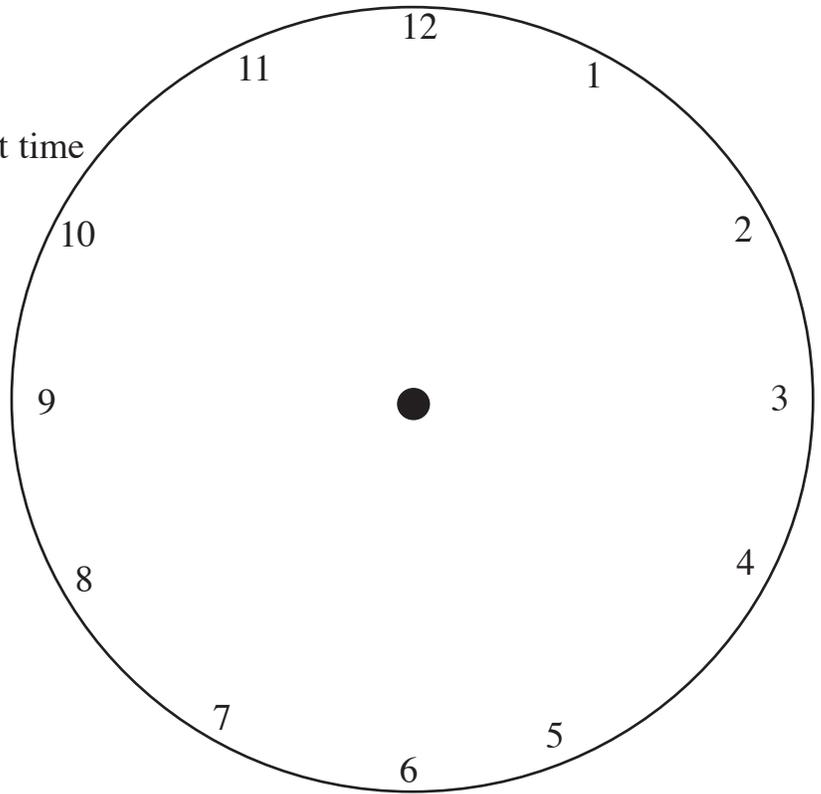
Name _____

Yam and Eggs

Today is _____

I ate breakfast at ____ : ____ a.m.

Draw hands on the clock to show what time you ate breakfast this morning.



What I had for breakfast: _____

What I tried that was different: _____

Did you like it? ___yes ___no