

What You Will Need

Equipment:

cutting boards	disposable clear cups or banana split dishes*
sturdy plastic knives	serving bowls for toppings and cereal
plastic spoons	napkins

* may find disposable banana split dishes at ice cream shop or restaurant supply business

Ingredients:

Breakfast Banana Split

amount needed PER CHILD

banana
3/4 cup low-sugar breakfast cereal
1/2 cup low fat fruit flavored yogurt

Optional toppings:

seedless grapes or berries
raisins or other chopped, dried fruit
chopped nuts
crushed or tidbit pineapple
granola-type cereal

Other Possible Activities:

- Make 5-A-Day posters of fruits and vegetables on paper plates—use as room decorations
- Cut out pictures of breakfast foods from magazines and make a mobile
- Alphabet Breakfast: Have children name foods suitable for breakfast (all foods may fit...) in alphabetical order.
A—apple, B—bread, C—cereal, D—donut holes,
E—eggs, F—French toast, G—grapes, H—ham,
I—instant oatmeal, J—juice, K—kiwi, L—lasagne,
M—melon, N—nut bread, O—orange, P—pizza,
Q—quesadillas, R—rice, S—sausage, T—toast,
U—untoasted bagel, V—vegetables, W—whole wheat cereal, X—eXtra helping, please, Y—yogurt,
Z—zwieback or zucchini bread

The point of this game is to emphasize that any food can be breakfast!





Breakfast Banana Split

amount needed PER CHILD

- 1 small banana
- 3/4 cup low-sugar breakfast cereal
- 1/2 cup lowfat fruit-flavored yogurt

Optional toppings:

- seedless grapes or berries
- raisins or other chopped, dried fruit
- chopped nuts
- crushed or tidbit pineapple
- granola-type cereal

1. Peel and split banana lengthwise. Place in sundae dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for the top or garnish.
3. Spoon yogurt over cereal.
4. Decorate dish with optional toppings and reserved cereal.

Nutrition Facts	
Serving Size 1 banana split (187g)	
Servings Per Container one	
Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	7%
Sugars 32g	
Protein 7g	
Vitamin A 15%	•
Calcium 15%	•
	Vitamin C 20%
	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.