

Learning Guide



Breakfast

We hope you enjoyed learning all about healthy breakfasts around the world. Extend your learning with this print-ready Learning Guide!



What's in this Learning Guide?

Get Set to Listen:

Check your knowledge before and after listening to the episode by determining if statements are TRUE or FALSE.

Discussion Questions

CCSS.ELA-Literacy.SL.3-8.1; CCSS.ELA-Literacy.SL.3-8.3

Writing Prompts and Extension Projects

CCSS.ELA-Literacy.W.3-8.1; CCSS.ELA-Literacy.W.3-8.2; CCSS.ELA-Literacy.W.3-8.3; CCSS.ELA-Literacy.W.3-8.4; CCSS.ELA-Literacy.W.3-8.7; CCSS.ELA-Literacy.W.3-8.8

Breakfast Around the World - Venn diagram and project ideas

CCSS.ELA-Literacy.RI.5.5; CCSS.ELA-Literacy.W.3-8.1

Build a Better Breakfast

National Health Education Standards: 1, 5, 6; NM Health Standards: Strand 1- Healthy Lifestyles; Strand IV- Responsible Decision Making

Sugar Sleuth

National Health Education Standards: 1, 5, 6; NM Health Standards: Strand 1- Healthy Lifestyles; Strand IV- Responsible Decision Making; CCSS.MATH.CONTENT.3.MD.A.2

The Science of Pancakes

NGSS: 5-PS1-4; NGSS: MS-PS1-2; CCSS.4.MD.A.2

My Favorite Breakfast Recipe

CCSS.ELA-LITERACY.W.3-5.2

Additional Resources and Book List



The Children's Hour
kids public radio

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<https://www.childrenshour.org/breakfast/>



Get Set to Listen

1. Before listening!

Read each statement and write TRUE or FALSE based on what you already know.

2. After listening!

Based on what the experts said in the episode, write TRUE or FALSE.

Before Listening	TRUE or FALSE?	After Listening
	1. In some parts of the world, people eat olives or noodles for breakfast.	
	2. Eating Pop-Tarts and toaster pastries is equivalent to having a candy bar for breakfast.	
	3. Cereal is a good option for breakfast.	
	3. The recommended maximum of sugar in a day for kids is about 40g.	
	4. A can of soda has about 40g of sugar in it.	
	5. Kids in Brazil have coffee for breakfast.	
	6. In Egypt, people have been eating the same traditional breakfast for thousands of years.	

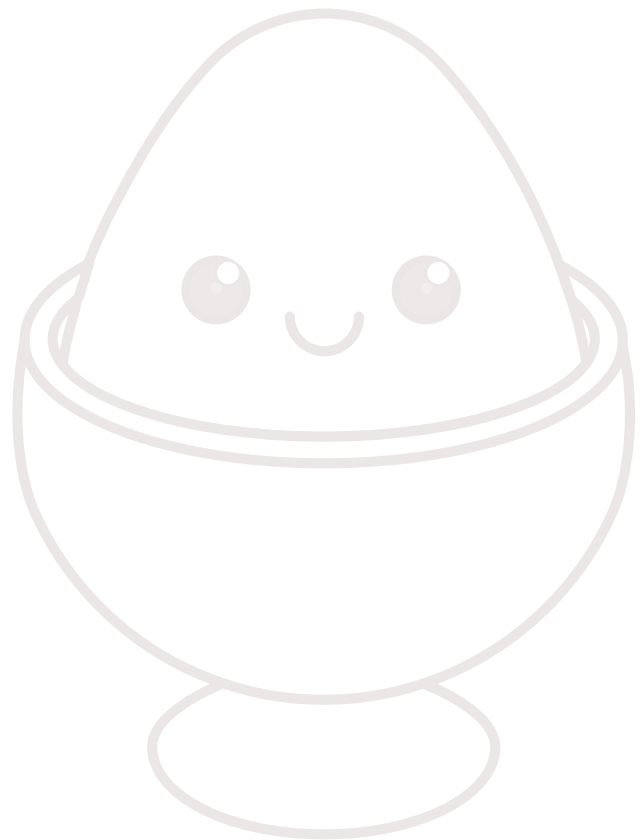
What did you learn?



Get Set to Listen

Answer key

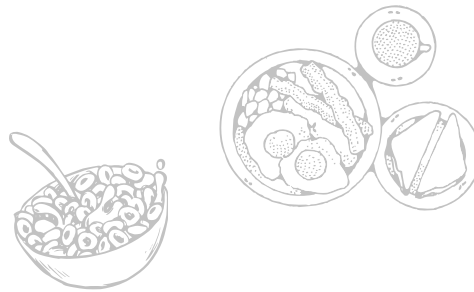
1. TRUE
2. TRUE
3. TRUE, **if** the cereal has a whole grain listed as the first ingredient and has less than 6g of sugar. Eat with milk for extra protein and add fresh fruit like blueberries, strawberries, or bananas for extra vitamins.
4. FALSE. The recommended maximum of sugar in a day for kids is **only 25g**, or 6 tsp. A good goal for breakfast is 6g of sugar or less.
5. TRUE. [Brazilian kids sometimes have milky coffee](#) or hot chocolate with their breakfast. [Some limited studies](#) have shown that this may lead to improved ability to concentrate on schoolwork.
6. TRUE. Traditional Egyptian breakfast is ful, a creamy bean paste made from fava beans topped with a spicy sauce and eggs.





Discussion Questions

1. What's better: waffles or pancakes?
2. What did you eat for breakfast?
3. Why do people say breakfast is the most important meal of the day?
4. What foods give you energy in the morning?
5. What happens if you skip breakfast?
6. How might a breakfast in Japan or Mexico be different from one in the U.S.?
7. Why do you think breakfast foods vary from place to place?
8. What do you think influences what people eat for breakfast—culture, geography, or ingredients available?
9. If you could try breakfast anywhere in the world, where would it be and why?
10. What makes a breakfast “healthy”?
11. How can you make your favorite breakfast more nutritious?



Group Discussion Strategies

Think Pair Share:

1. Individually, student writes down their answer to a question.
2. Students pair up and tell each other their answers.
3. Teacher calls for volunteers to share with the whole class their answer (and/or their partner's answer). Teacher notes key words/phrases on board.

Round Robin:

1. Teacher poses one question (written on top of a large page) to students, who are assembled into small groups of 3 or 4.
2. Students take turns brainstorming the answers. The recorder of the group writes down all answers.
3. The leader reads the group's ideas to the entire class. Teacher moderates.



Writing Prompts

Narrative Prompts

1. Write a story about your morning breakfast adventure. Maybe your cereal talks, your toast flies, or you wake up in another country and discover a brand-new breakfast!
2. Imagine you're a chef creating the perfect breakfast for your family or friends. What do you make, and how does everyone react?
3. Describe your favorite breakfast memory—what did it smell, look, and taste like?

Extensions:

- Illustrate your breakfast story as a comic or picture book.
- Write and act out a "Breakfast Around the World" skit featuring foods from different cultures.

Informative/Explanatory Prompts

1. Research and describe what people eat for breakfast in three different countries. What do the foods show about each culture?
2. Write about what makes a breakfast healthy. Include examples from all the food groups.
3. Explain how geography or climate might affect what people eat for breakfast in different parts of the world.

Extensions:

- Create a "Global Breakfast Guide" with photos or drawings and short facts about each country's meal.
- Make a nutrition chart comparing your breakfast to one from another country.
- Design a "Build Your Balanced Breakfast" menu or poster.

Opinion/Persuasive Prompts

1. Should schools serve breakfast to all students? Explain your opinion.
2. Which breakfast from around the world would you most like to try, and why? Convince others to agree with you.
3. Should sugary cereals be allowed as part of breakfast? Write your opinion and support it with reasons.

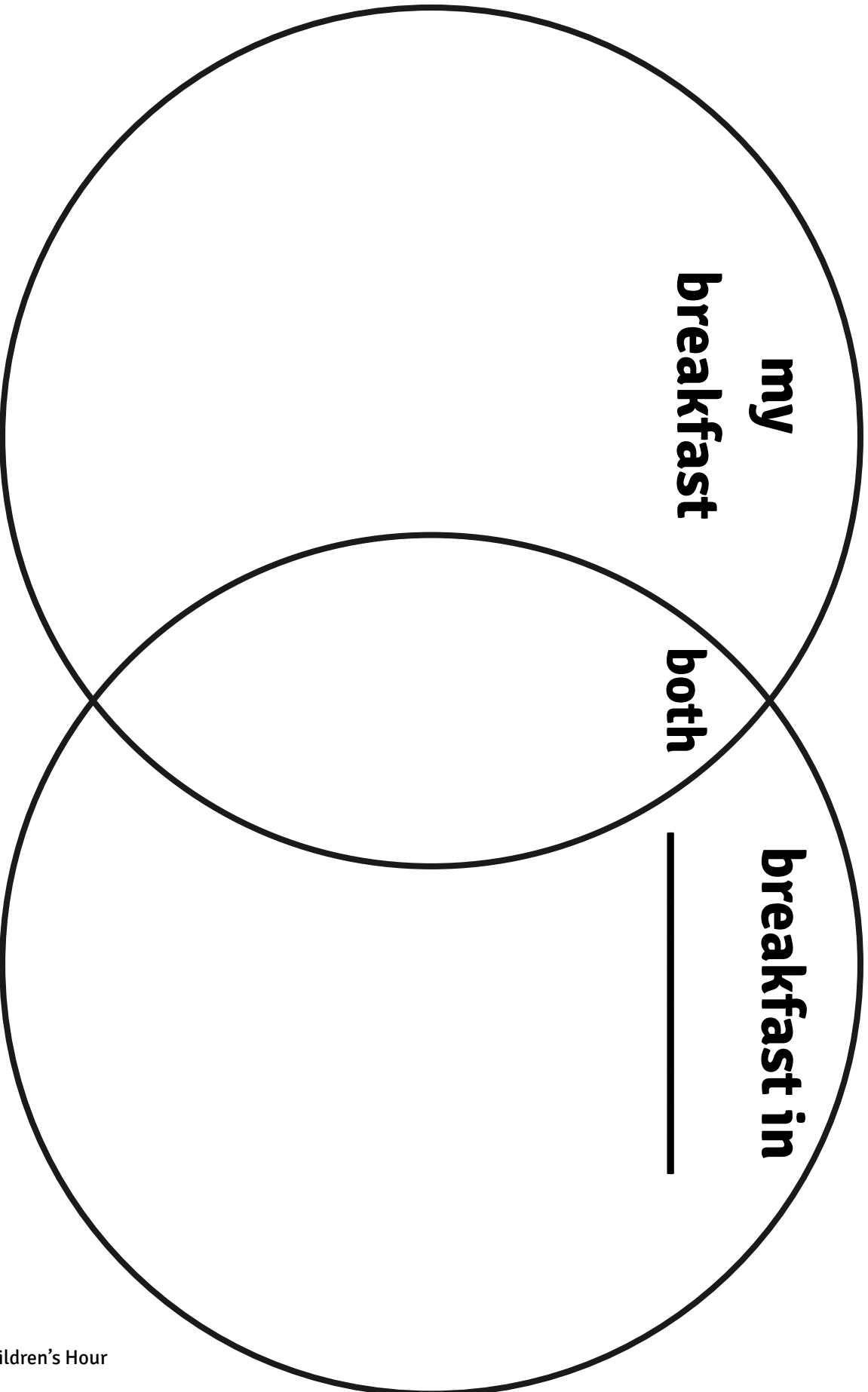
Extensions:

- Create a commercial or poster advertising your favorite breakfast or promoting healthy choices.
- Hold a class debate on whether breakfast should be sweet or savory.
- Write a letter to your school cafeteria suggesting a new breakfast option.



Breakfast Around the World

Name _____



Listen

- to [The Children's Hour's "Breakfast" episode](#) (segment 43:30-49:47) about what kids around the world eat for breakfast.

Choose a country to compare your breakfast to in the Venn diagram.



Breakfast Around the World

Teacher's Guide

Discuss

- *What did you eat for breakfast?*
- *How might a breakfast in Japan or Mexico be different from one in the U.S.?*

Listen

- to [The Children's Hour's "Breakfast" episode](#) (segment 43:30-49:47) about what kids around the world eat for breakfast.

Transcript Notes

- **France, Spain, & Italy:** a pastry or bread, and maybe a slice of fruit and a glass of juice or milk.
- **Germany:** same as France, Spain, and Italy, plus sliced cold cuts and cheese.
- **Netherlands:** breakfast is sweet. Milk is served with bread, unsalted butter, and sprinkles.
- **Ireland:** a big breakfast, including meat like bacon or sausages, eggs, vegetables, and potatoes all fried in Irish butter, Irish soda bread or brown bread, a black and white pudding (a type of sausage made of pork, meats, oats, and pork blood), and a strong cup of tea or orange juice.
- **Scotland:** haggis (a type of sausage made from sheep hearts, liver, and lungs mixed with onions, oatmeal, suet, spices, and salt, made with stock and boiled in the sheep's stomach for about three hours), bacon, eggs, fruit pudding, grilled or fried tomatoes, mushrooms, baked beans, and toast with jam or marmalade.
- **Iceland:** hot oatmeal cooked in water or milk and served with brown sugar, butter, fruit, and sour milk. Kids in Iceland also get a swig of lýsi, or cod liver oil.
- **Burkina Faso:** millet seed porridge
- **Malawi:** a cornmeal hot cereal with soy and groundnut flour, deep-fried fritters made of cornmeal, onions, garlic, and chilies, plus a boiled sweet potato or pumpkin, and a glass of dark red juice made from dried hibiscus flowers and sugar.
- **Egypt:** a creamy bean paste made from fava beans called ful, and topped with a spicy sauce and eggs.
- **South Africa:** a hot bowl of pap, a cornmeal porridge kind of like grits, and served with milk and sugar. In big South African cities, it's also common for children to have cereal or toast and tea for breakfast.
- **Turkey:** a hard-boiled egg with a slice of brown bread, black olives, Nutella spread, tomato slices, strawberry jam, and butter soaked in honey, and an assortment of Turkish cheeses, including a feta-like crumbly cheese.
- **Philippines:** a chocolate rice pudding and a side of salted dried fish.
- **southern India:** idli (which is made of fermented lentils and rice).



Breakfast Around the World

Teacher's Guide

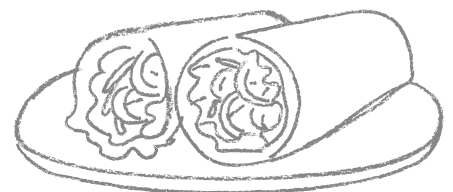
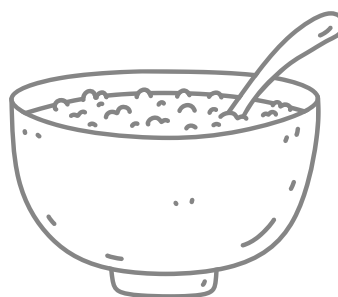
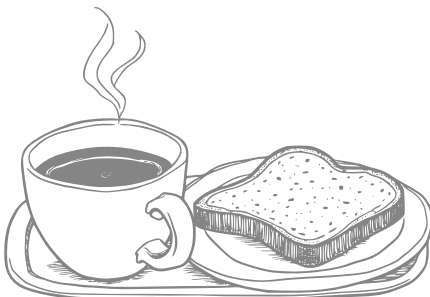
- **China:** fried-dough sticks and some warm soy milk, or wontons and dumplings, or sticky stuffed buns
- **Japan:** tamagoyaki (a rolled egg omelet), steamed rice, miso soup, and grilled or fried fish.
- **Brazil:** a glass of chocolate milk or a cup of sweet milky coffee and slices of ham, cheese, and bread with butter.
- **Colombia:** arepas (a dense and slightly sweet corn pancake topped with butter, eggs, meat, or jam).
- **Cuba:** breakfast tostadas (grilled and buttered bread).
- **Australia:** Vegemite (a salty paste that's spread on bread), fruit, and foods similar to American breakfast.
- **Korea:** doesn't really have specialty breakfast foods, but often includes kimchi, a spicy pickled cabbage and rice, and a small bowl of soup or stew.
- **Thailand:** khao tom (a broth-based rice soup with a thicker porridge version, including a variety of ingredients like sliced chicken or minced pork balls, shrimp, and vegetables) and Thai tea (a black tea with lots of sweetened coconut or condensed milk).
- **Vietnam:** a flavorful noodle soup.

Compare

Use the Venn diagram to compare the breakfast typically eaten in one of the countries described with your favorite breakfast.

Extensions

- Explain how geography or climate might affect what people eat for breakfast in different parts of the world.
- Create a "Global Breakfast Guide" with photos or drawings and short facts about each country's meal.
- Make a nutrition chart comparing your breakfast to one from another country.
- Which breakfast from around the world would you most like to try, and why? Convince others to agree with you.





Build a Better Breakfast

Nutritionist Patty Keene talked about the importance of eating a healthy breakfast. Read her tips below, then use them to plan your own breakfast!

Discuss

- What makes a breakfast healthy?

“The Best Possible Breakfast” Checklist

1. You want to eat it.
2. It's easy to make.
3. It's high fiber, whole grain, good protein, and low in sugar.



Use Nutrition Labels

- Look for the “Nutrition Facts” label on food packages or use [Nutritionix](#) to search for the nutrition facts of specific ingredients or a combination of ingredients.
- Look for whole grain as the first ingredient.
- Choose foods with 6g of sugar or less per serving.

Compare

Use real food labels at home or in the store, or use the worksheets below to compare similar foods.

Create

Use what you learned about Nutrition Facts labels and the “The Best Possible Breakfast” checklist to plan your ideal healthy breakfast.

- Include at least three food groups.
- Keep sugar under 6g.
- Write one sentence explaining why it's a healthy choice.

Tips:

- Add fruit for natural sweetness.
- Be cautious—some yogurts and oatmeals have more sugar than expected.

Discuss

- How can preparing the night before make mornings easier?
- How can kids help plan or make their own breakfast?
- How can preparing the night before and letting kids help make breakfast make mornings easier?

Extensions

- Help stock your home with healthy breakfast options and share what you learned.
- Calculate grams of sugar in different breakfast options.
- Illustrate your breakfast and decorate a “Healthy Choices Café” wall at school or home, or share your breakfast plans with us at *The Children's Hour*!



Build a Better Breakfast

Nutritionist Patty Keene talked about using Nutrition Facts labels to help you make healthy breakfast choices. Compare the sugar, protein, and other nutritional information below:

Nutrition Facts	
Serving Size: 1 slice (32g) Whole Wheat Bread	
Amount Per Serving	
Calories	81
% Daily Value*	
Total Fat 1.1g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.2g	
Cholesterol 0mg	0%
Sodium 146mg	6%
Total Carbohydrates 14g	5%
Dietary Fiber 1.9g	7%
Sugars 1.4g	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.8mg	4%
Potassium 81.3mg	2%
Caffeine 0mg	

Nutrition Facts	
Serving Size: 1 slice (1.3 oz) (37g) White Bread	
Amount Per Serving	
Calories	98
% Daily Value*	
Total Fat 1.2g	2%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 0.2g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrates 18g	7%
Dietary Fiber 1g	4%
Sugars 2.1g	
Protein 3.3g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1.3mg	7%
Potassium 46.4mg	1%
Caffeine 0mg	

Compare

How many grams of **sugar** are in **whole wheat** bread? _____

How many grams of **sugar** are in **white** bread? _____

How many grams of **protein** are in **whole wheat** bread? _____

How many grams of **protein** are in **white** bread? _____

Which is the healthier choice? _____



Build a Better Breakfast

Nutritionist Patty Keene talked about using Nutrition Facts labels to help you make healthy breakfast choices. Compare the sugar, protein, and other nutritional information below:

Nutrition Facts	
Serving Size: 1 piece (65g) Buttered Bread With Jam	
Amount Per Serving	
Calories	217
% Daily Value*	
Total Fat 9.1g	12%
Saturated Fat 5.2g	26%
Trans Fat 0.3g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.2g	
Cholesterol 20mg	7%
Sodium 271mg	12%
Total Carbohydrates 30g	11%
Dietary Fiber 1.3g	5%
Sugars 8.9g	
Protein 3.8g	
Vitamin D 0mcg	0%
Calcium 65mg	5%
Iron 1.6mg	9%
Potassium 65.5mg	1%
Caffeine 0mg	

Nutrition Facts	
Serving Size: 1 piece (67g) Peanut Butter Bread	
Amount Per Serving	
Calories	255
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Polyunsaturated Fat 3.4g	
Monounsaturated Fat 5.3g	
Cholesterol 0mg	0%
Sodium 324mg	14%
Total Carbohydrates 27g	10%
Dietary Fiber 2.5g	9%
Sugars 4g	
Protein 9.1g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 2.1mg	12%
Potassium 196.8mg	4%
Caffeine 0mg	

Compare

How many grams of **sugar** are in **bread with butter and jam**? _____

How many grams of **sugar** are in **peanut butter bread**? _____

How many grams of **protein** are in **bread with butter and jam**? _____

How many grams of **protein** are in **peanut butter bread**? _____

Which is the healthier choice? _____



Build a Better Breakfast

Nutritionist Patty Keene talked about using Nutrition Facts labels to help you make healthy breakfast choices. Compare the sugar, protein, and other nutritional information below:

Nutrition Facts	
Serving Size: ◆ 1 container	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrates 26g	9%
Sugars 18g	
Includes 13g Added Sugars	26%
Protein 5g	
Vitamin D 3mcg	15%
Calcium 195mg	15%
Potassium 282mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
INGREDIENTS: Cultured Pasteurized Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D3	

Nutrition Facts	
Serving Size: ◆ 1 container (150g)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 180mg	14%
Iron 0mg	0%
Potassium 230mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
INGREDIENTS: Grade A Pasteurized Skimmed Milk and Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).	

Yogurt, Strawberry (Yoplait)

2% Milkfat, Greek Yogurt (Fage)

Compare

How many grams of **sugar** are in **strawberry yogurt**? _____

How many grams of **sugar** are in **plain Greek yogurt**? _____

How many grams of **protein** are in **strawberry yogurt**? _____

How many grams of **protein** are in **plain Greek yogurt**? _____

Which is the healthier choice? _____



Build a Better Breakfast

Nutritionist Patty Keene talked about the importance of eating a healthy breakfast. Read her tips below, then use them to plan your own breakfast!

“The Best Possible Breakfast” Checklist

1. You want to eat it.
2. It's easy to make.
3. It's high fiber, whole grain, good protein, and low in sugar.

Create

Use what you learned about Nutrition Facts labels and the “The Best Possible Breakfast” checklist to plan your ideal healthy breakfast.

- ☐ Include at least three food groups.
- ☐ Keep sugar under 6g.
- ☐ Write one sentence explaining why it's a healthy choice.

Tips:

- Look for whole grain as the first ingredient.
- Add fruit for natural sweetness.
- Be cautious—some yogurts and oatmeals have more sugar than expected.

My Best Breakfast

has _____ grams of sugar

has _____ grams of protein

includes food from these 3 food groups _____

This breakfast is healthy because _____

Extension: Write out a healthy meal plan for a week or month.



Sugar Sleuth

Nutritionist Patty Keene said kids should have no more than 25g or 6 tsp. of sugar per day. Look at Nutrition Facts labels at home, school, or in the store, or use the Nutrition Facts labels below to calculate how many teaspoons of sugar there are in each food.

Nutrition Facts	
Serving Size: 1 container	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrates 26g	9%
Sugars 18g	
Includes 13g Added Sugars	26%
Protein 5g	
Vitamin D 3mcg	15%
Calcium 195mg	15%
Potassium 282mg	6%

Yogurt, Strawberry (Yoplait)

Nutrition Facts	
Serving Size: 1 container (150g)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 180mg	14%
Iron 0mg	0%
Potassium 230mg	5%

2% Milkfat, Greek Yogurt (Fage)

How many grams of **sugar** are in **strawberry yogurt**?
(grams of sugar ÷ 4 = teaspoons of sugar)

How many grams of **sugar** are in **plain Greek yogurt**?
(grams of sugar ÷ 4 = teaspoons of sugar)

Compare

Which is the healthier choice? _____



The Science of Pancakes

Make and test pancakes to see how ingredients and heat affect texture and taste. Change one ingredient, and explore the science behind what makes pancakes rise, brown, and turn out just right!

Listen

to [“The Science of Pancakes” song by Wendy and DB](#)

Materials

- Basic pancake ingredients: flour, eggs, milk, sugar, baking powder, oil
- Bowls, spoons, measuring cups
- Griddle or electric skillet (adult supervision required)
- Optional add-ins: bananas, blueberries, chocolate chips, oats
- Paper and pencils for observations

Procedure

Predict

What do you think makes pancakes fluffy? _____

What might happen if we leave out baking powder or eggs? _____

How does heat change the batter? _____

Mix & Observe

Make a simple batter.

Then divide into 2–3 batches to test a variable, such as:

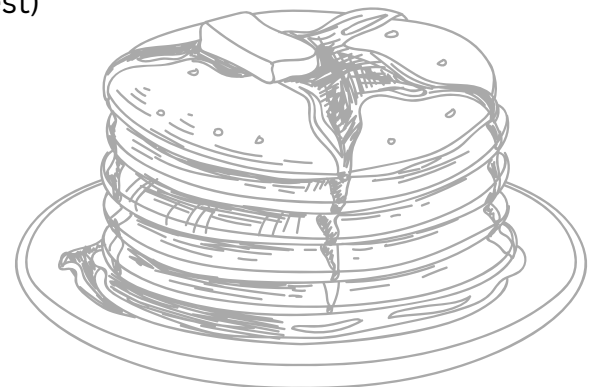
- No baking powder (chemical reaction test)
- Extra egg (texture test)
- Whole wheat vs. white flour (nutrition and structure test)

Observe the batter:

Is it thick or thin? _____

Are there bubbles? _____

What does it smell like? _____





The Science of Pancakes

Cook & Compare

Cook pancakes on a griddle and observe changes:

What happens when the batter hits the heat? _____

What creates the bubbles and golden color? _____

How do texture and taste change between batches? _____

Explanation

- Baking powder + heat = carbon dioxide gas, which makes pancakes rise (chemical reaction).
- Proteins in eggs and gluten in flour firm up as heat cooks them (physical change).

Reflect & Discuss

- *Which pancake looked and tasted best? Why?*
- *What scientific changes did you notice during cooking?*
- *How is cooking like doing an experiment?*
- *How could you make a “healthier” pancake?*

Extensions

- Adjust the recipe to double or halve the ingredients.
- Compare whole grain vs. white flour nutrition labels.





My Favorite Breakfast Recipe

Listen

to a description of favorite New Mexican breakfast foods on [The Children's Hour's "Breakfast" episode](#) (segment 32:32-34:24). Share a recipe for your favorite breakfast here!

Ingredients (including amounts)

-
-
-
-

Steps

1. _____



Upload your recipe to our Instagram [@tchradio](#), TikTok [@thechildrenshourradio](#), and [Facebook page](#), and check out what others have observed!



Mail your recipe to:
The Children's Hour
PO Box 70236
Albuquerque, NM 87197



Record a Voice Message
This might be used on The Children's Hour!



Post your recipe on
our Instagram,
TikTok and
Facebook! Check
out others' recipes!



Additional Resources

[Teaching Children About Nutrition](#)

Activities that make learning fun while building lifelong healthy eating habits.

[Nutritionix](#)

A nutrition database and food tracker that lets users look up foods, log meals, and view detailed nutrition facts for grocery and restaurant items.

[How Much Protein Does My Child Need?](#)

Check out these guidelines from The Children's Hospital of Orange County.

Recipes

[Blue Corn Mush Recipe](#)

It's a warm porridge that can be made sweet or savory, known in Navajo as Tanaashgiizh, or blue corn mush.

[12 Healthy Breakfast Ideas for Kids](#)

From Primary Beginnings Child Development Centers.

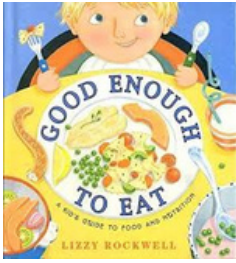
[The Minimalist Baker](#)

A collection of hundreds of healthy, often vegan and gluten-free recipes.





Book List

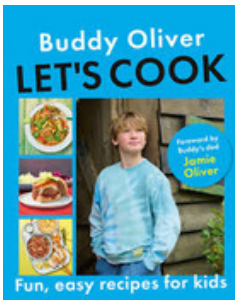


Good Enough to Eat: A Kid's Guide to Food and Nutrition

by Lizzy Rockwell

A unique, kid-friendly recipe book and guide to nutrition, explaining healthy eating from carrots to cookies.

ages 3-8



Let's Cook: Fun, Easy Recipes for Kids

by Buddy Oliver

A unique, kid-friendly recipe book and guide to nutrition, explaining healthy eating from carrots to cookies.

ages 3-8

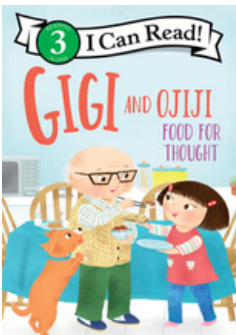


Nourished Mornings: Easy Real-Food Breakfasts for Kids on the Go

by Renee Kohley

Kickstart mornings with healthy, kid-approved breakfasts—balanced, easy, and packed with whole-food goodness.

adult cookbook, with recipes designed for kids



Gigi and Ojiji: Food for Thought

by Melissa Iwai

Gigi loves peanut butter toast, but her grandfather prefers natto. Can she try something new? A charming story about family, culture, and discovering new flavors.

ages 4-8

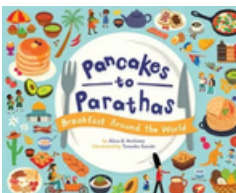


The Worst Breakfast

by China Mieville, illustrated by Zak Smith

Two sisters face a breakfast nightmare of slimy, stinky foods—can they turn it into the best meal ever? A hilarious tale of creativity and surprises.

ages 3-7



Pancakes to Parathas

by Alice B. McGinty, illustrated by Tomoko Suzuki

Start your day around the world with Pancakes to Parathas, exploring twelve countries' breakfasts through rhymes and vibrant art.

ages 4-8