The Children’s Hour - Breakfast (58m version)

Kids Crew: What is a cheerleader's favorite cereal?

Kids Crew: I don’t know what?

Kids Crew: Cheerios!

Kids Crew: Ha, ha, ha!

Kids Crew: It's time for The Children's Hour, Kids Public Radio!

{Music: Poi Dog Pondering, Postcard from a Dream (Toast and Jelly)}

Katie Stone: Mmmmmm, breakfast! That's Poi Dog Pondering right here on The Children's Hour. I'm Katie Stone, and I’m here with a whole lot of great kids. Who do we have with us today?

Kids Crew: Hi, I'm Elliot.

Kids Crew: Yeehaw! I'm Imogene.

Kids Crew: Hello, I'm Siobhan.

Kids Crew: Hey, it's Donovan.

Kids Crew: Hi, this is Madeline.

Katie Stone: Who ate breakfast?

Kids Crew: Me!

Katie Stone: Today we are doing a show about breakfast. They say it's the most important meal of the day. Do you agree or Disagree?

Kids Crew: I agree.

Katie Stone: I spend a lot more time on dinner than I do on breakfast though.

Kids Crew: Me too.

Katie Stone: So how can that be the most important meal of the day if we barely spend any time on it? I wonder about that.

Kids Crew: I think that it is because we're in a rush?

Katie Stone: Yeah, in a rush. For me and probably for lots of the adults in the audience, I bet you can guess what our breakfast is.

Kids Crew: Coffee?

Katie Stone: Yeah, mine's not. Mine's tea, but it’s similar. Caffeine. Breakfast is a meal that is so different in different parts of the world. In some parts of the world, they eat things like olives for breakfast. In other parts of the world, they eat things like noodles for breakfast.

Kids Crew: Yum!

Katie Stone: Would you like that?

Kids Crew: I would.

Katie Stone: We're going to talk with someone named Patty Keene, a nutritionist. We're going to talk to her about what is the best, healthiest breakfast you can feed your kids. We're going to talk about breakfast on The Children's Hour.

{Music: Ben Tatar and the Tatar Tots, The Breakfast Song (Start It Right)}

{Music: Trout Fishing in America, Breakfast Blues}

Katie Stone: That was Trout Fishing in America with the Breakfast Blues right here on The Children's Hour. Ben Tatar and the Tatar Tots before that with The Breakfast Song from the release called Seconds. I'm Katie Stone,

and today on The Children's Hour, we're talking about breakfast. I'm joined by Patty Keene. She's a registered dietitian nutritionist who has worked a lot on children's health, well-being, and nutrition. Welcome to The Children's Hour Patty. Tell us, what is the best possible breakfast a kid could have?

Patty Keene: The best possible breakfast that a kid can have really is something that, number one, they want to eat. That's realistic for them to either prepare for themselves or to have a parent or caregiver make for them. But as far as sort of what should be in there, you definitely want to have high fiber, so whole grains and good protein. So, that can be things like yogurt and milk. If you're talking about cereal, it is best to have a whole-grain cereal that's low in sugar with some milk; that's a perfect breakfast. A lot of us start the day that way. For a lot of us too, as kids, that was sort of the first meal we probably could prepare for ourselves, right? Like that's kind of the first thing when you're a little kid that you can really do on your own: pour yourself a bowl of cereal. One of the things, of course, we're really concerned about with all of us, but also with kids, is a lot of sugar. Kids are sweet enough, so we don't need them to have a lot of extra sugar. A lot of times they get too much sugar from cereals. So, a

good guideline to look at is when you're choosing cereals in the store, look for cold cereals that have a whole grain as a first ingredient. So that could be whole oats, whole corn, or whole wheat, and usually it'll say right in front, "whole," W-H-O-L-E. You can find this by looking at the nutrition facts label that's on the side of the box. So, you can kind of not pay attention to the stuff on the front. Sometimes that can be confusing, all of those messages, and you're not really sure. But, if you look at the side of the cereal box, look for a whole grain as the first ingredient. Then where sugars are listed, look for something that's around six or seven grams per serving.

Kids Crew: What about smoothies?

Patty Keene: You need to be careful and know what is being put into that smoothie. Some people just use milk, some people use yogurt, and yogurts are another vehicle for a lot of sugar too. You want to be a little bit careful about that. However, smoothies are great because they're quick, and it's also a great way to get extra fruit in there too. That's also another thing you can do with cold cereals too; you can add fruit to those. I know I like to add blueberries to Cheerios. As a point of reference, cereals have one gram of sugar per cup. When we're thinking about that six or seven grams, there

are actually a lot of cereals that fall into those categories. Then as far as other things, oatmeal is great. You want to be careful about things like toaster pastries, Pop-Tarts, and those types of things, because those can essentially be the same nutritional makeup as a candy bar. So, you really want to look at those nutrition facts labels and look at that sugar.

Katie Stone: Patty, why is breakfast so important? We hear it's the most important meal of the day, is it?

Patty Keene: Your breakfast is so important. It's the way to refuel your day after sleeping for eight, 10, or 12 hours, depending on how old you are. So you really want to be able to refuel. That's why it's such an important meal to get. Also, our moods can drop by the mid-morning. We kind of get sluggish or cranky if we haven't had at least a small meal. For parents, they should be having breakfast. You know, it's great to model that. For those of us who maybe don't have breakfast or feel like we don't have time, in order to get our kids to eat breakfast, we want to have breakfast ourselves. You want to make sure to, you know, stock the kitchen with good, healthy breakfast options. Try to prepare the night before, especially if you have a hectic group trying to get out of the house in the morning. Also, as much as

you can, let kids plan and help prepare; kids should be able to be part of planning those meals. as much as possible.

Katie Stone: What about kids and sugar? You mentioned a little with Pop-Tarts, like they are equivalent to a candy bar, and how much sugar they have. I'm sure there's a limit to how much sugar kids should have.

Patty Keene: We really want kids to have 25 grams or less of sugar. That's about six teaspoons a day. This is a good math problem for anyone who's looking for a little math problem to do today. One teaspoon of sugar is equal to four grams. So, if you go through and look at the nutrition labels in your house and you take however many grams of sugar are listed and divide that by four, that will tell you how many teaspoons because it's hard to picture grams. So for example, in a can of soda, there's about 40 grams of sugar.

Katie Stone: Whoa.

Patty Keene: If you divide 40 by four, that's 10 teaspoons.

Katie Stone: That's too much.

Kids Crew: Is toast and jam a good breakfast?

Patty Keene: Toast and jam is good. If you can, make sure the toast is with whole grain bread. Another one that's really good if you can have peanuts is to have peanut butter. Peanut butter on bread has less sugar, and it has more protein, so it'll stick with you a little bit longer. That's the other thing too about milk and dairy and cheese and peanut butter and beans and all those great protein sources: they stick with you a little longer, so you won't get as hungry.

Katie Stone: You can learn a lot more about what's the best breakfast for you at the learning guide we have posted with this episode along with a lot of links. Find everything at childrenshour.org. Look for breakfast. Patty Keene, a registered dietitian nutritionist. Thank you so much for being with us on The Children's Hour.

Patty Keene: Thanks everybody.

Kids Crew: You're listening to The Children's Hour, Kids Public Radio. We'll be right back.

Katie Stone: The Children's Hour is a production of The Children's Hour Incorporated; we're a New Mexico-based nonprofit organization supported by listeners just like you. You can learn more about us at childrenshour.org. The New Mexico Department of Cultural Affairs supports The Children's Hour. Celebrate diverse cultural communities of New Mexico at nmculture.org. Keep up with all the news of The Children's Hour by signing up for our monthly newsletter. Find the sign-up form at childrenshour.org.

[20:00]

{Music: The Verve Pipe, Cereal}

Kids Crew: This is Evan McHenry from Susan B. Anthony Middle School. Which do you think is better, waffles or pancakes? I honestly think waffles are a lot better. I think they are better because they are crunchier and fluffier than pancakes and because waffles are firm and pancakes are all

floppy. The best waffles are at the hotels with the free breakfast buffet. I like the hotel waffles because you get to make them yourself. They are also very crunchy, big, and square. I like my waffles with fluffy whipped cream and fresh juicy strawberries on top. I asked my dad what he liked better. He said whichever ones are on my plate. My sister likes waffles better because they have dents to hold syrup. She likes to make sure there's syrup in every dent. A little stupid, I know. From Susan B. Anthony Middle School, this is Evan McHenry, and that's what's real.

Katie Stone: What's Real is produced by KBEM, a project of the Minnesota Public Schools. Support was provided by the Minnesota Arts and Cultural Heritage Fund. Before What's Real, you heard the Verve Pipe with cereal. You're listening to The Children's Hour. Are you hungry? We're thinking about breakfast. This is the Oots and Oats.

{Music: The Oot n' oots, Waffles}

{Music: Wendy and DB, Science of Pancakes}

{Music: Formidable Vegetable, Egg 'n Cheese Muffin}

Katie Stone: That was the Formidable Vegetable sound system from Grow Do It with Egg 'n Cheese Muffin. It's hard to believe if you read the labels of what you find in your food. Wendy and DB were before that with the Science of Pancakes. You're listening to The Children's Hour, and today we're thinking about breakfast. Do you eat blue corn for breakfast? In New Mexico, one healthy breakfast option is blue corn and pinyon nut pancakes with a little butter and maple syrup on top. They're high in protein and healthy whole grains. Plus, they're just delicious. Pueblo and other southwestern indigenous kids might eat a blue cornmeal porridge for breakfast. It's called chaquewe in the language of the Navajo or Dene people. At a New Mexico breakfast cafe, you'll likely find breakfast burritos and huevos rancheros on the menu. Huevos rancheros are corn tortillas topped with cheese, eggs (any style), beans, and chili. You'll be asked, do you want red or green? And that means, do you want red or green chili on your huevos rancheros? Both are delicious, and many people order Christmas or a mix of both. In our breakfast burritos, you'll find a flour

tortilla wrapped with some eggs, maybe meat, potatoes, chili, and cheese. Sometimes that's served on a plate, drowning in chili sauce. But more often we grab our breakfast burritos to go. What did you eat for breakfast? Let us know. You'll find The Children's Hour on social media. including TikTok, and you can email info at childrenshour.org or just go to childrenshour.org and look for this episode, Breakfast. There you'll find a learning guide with activities that let you share your breakfast with us. This is Perry Gripp right here on The Children's Hour.

{Music: Parry Gripp, Yum Yum Breakfast Burrito}

{Music: The Okee Dokee Brothers, Bluegrass for Breakfast}

Kids Crew: You're listening to The Children's Hour, Kids Public Radio. We'll be right back.

Katie Stone: The Children's Hour is now producing weekly educational modules to go with every episode, thanks to a grant from the Albuquerque Community Foundation. You can support this effort too. Go to childrenshour.org and click donate. The Outpost Performance Space in Albuquerque, New Mexico, hosts our recording sessions. Thank you, Outpost. Many thanks to New Mexico Arts, a division of the New Mexico Department of Cultural Affairs, and the National Endowment for the Arts for their support of The Children's Hour. The Children's Hour is grateful to the City of Albuquerque Cultural Services Department and the Urban Enhancement Trust Fund for their support.

[40:00]

{Music: Greg Lee, Cake for Breakfast}

Katie Stone: You're listening to The Children's Hour, and that was Greg Lee from a release called Where in the World is Carmen Sandiego with Cake for Breakfast. Cake for breakfast sure sounds good, but it's probably not what you're eating. You might be eating cereal or bacon and eggs or

waffles or pancakes, but in other parts of the world, kids are eating very differently at the start of the day. Kids in France, Spain, and Italy eat a quick meal of a pastry or bread, and maybe they have a slice of fruit and a glass of juice or milk. But kids in Germany get all of that plus sliced cold cuts and cheese. In the Netherlands breakfast is sweet. Milk is served with bread, unsalted butter, and sprinkles, which have multiple flavors like chocolate, vanilla, and fruit. In Ireland there's a saying that goes, "Eat breakfast like a king. Lunch like a prince and dine like a pauper." Breakfast is a very big deal and includes meat like bacon or sausages, eggs, vegetables, and potatoes all fried in Irish butter. It's served with Irish soda bread or brown bread and a strong cup of tea. Though kids might get orange juice instead of tea, they might get a black and white pudding served. These are types of sausages made of pork, meats, oats, and pork blood. In Scotland, breakfast includes haggis, which is a type of sausage made from sheep hearts, liver, and lungs mixed with onions, oatmeal, suet, spices, and salt. Then it's made with stock and traditionally boiled in the sheep's stomach for about three hours. That's served with a typical English breakfast that includes bacon, eggs, fruit pudding, grilled or fried tomatoes, mushrooms, baked beans, and toast with jam or marmalade. In Iceland, breakfast is typically hot oatmeal, and it's 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, which is important because Iceland doesn't have a lot of sunlight, and kids need the supplemental vitamin D, which is found in fish oils. Way over in Burkina Faso, breakfast is very different. Their kids might eat millet seed porridge. And in Malawi, lucky kids might eat 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. These kids are lucky in Malawi because half of the children in Malawi are chronically undernourished. In Egypt, where only 2% of the land is suitable for agriculture, breakfast has been the same for thousands of years. It's usually a creamy bean paste made from fava beans called ful and a spicy sauce and topped with eggs. In South Africa, kids usually eat a piping hot bowl of pap, a cornmeal porridge kind of like grits and served with milk and sugar. Pap is also a staple food in most households, and it's frequently found at lunch and dinner as a side to the main dishes. In big South African cities, it's also common for children to have cereal or toast and tea for breakfast. In Istanbul, Turkey, a hard-boiled egg is typical with a slice of brown bread. Black olives, Nutella spread, tomato slices, strawberry jam, and butter soaked in honey all go alongside these things, and there

will be an assortment of Turkish cheeses, including a feta-like crumbly cheese. In Russia, kids are commonly given a bowl of beet soup called borscht, while Filipino children are served a chocolate rice pudding and a side of salted dried fish. In southern India, kids might eat a dish called idli, which is made of fermented lentils and rice. In China, kids eat fried-dough sticks and some warm soy milk or wontons and dumplings or sticky stuffed buns in the morning. A Japanese breakfast might include tamagoyaki, which is a rolled egg omelet, and steamed rice, miso soup, and grilled or fried fish. In Brazil, kids often drink coffee with milk, and studies show that they're able to concentrate better in school than their non-caffeinated American peers. A typical breakfast for a kid in Brazil is a glass of chocolate milk or a cup of sweet milky coffee and slices of ham, cheese, and bread with butter. In Colombia, arepas are eaten at breakfast. It's a dense and slightly sweet corn pancake topped with butter, eggs, meat, or jam. Cubans eat breakfast tostadas, which are grilled and buttered bread. In Australia, Vegemite is a staple. It's like a salty paste that's spread on bread. They also eat a lot of fruit and often breakfast foods that we Americans would recognize. In Korea, breakfast always includes kimchi. That's a spicy pickled cabbage. But actually all meals in Korea typically include kimchi. In fact, Korea is a country that doesn't really have specialty

breakfast foods. Instead, Korean people eat the same type of foods for breakfast that they eat at all other meals. Rice and a small bowl of soup or stew. While in Thailand, children usually eat khao tom or Thai breakfast soup. This is a broth-based rice soup with a thicker porridge version. It's like other Thai soups that maybe you've tried, and they're packed with a variety of ingredients like sliced chicken or minced pork balls, shrimp, and vegetables. Thai tea is common on the side. It's a black tea with lots of sweetened coconut or condensed milk, and it's served in a juice glass. Similarly, in neighboring Vietnam, the kids are served a flavorful noodle soup. So, the next time you pull out the same old tired box of cereal for your breakfast, why not try something different? This is The Children's Hour. We're learning about breakfast. Find a learning guide with this episode at childrenshour.org. Look for Breakfast.

{Music: Mike Phirman, What Makes the Breakfast?}

Katie Stone: That's Mike Phirman from a release called Songs to Sing at Children. That's What Makes the Breakfast? We're thinking about what makes breakfast here on The Children's Hour today. I'm Katie Stone, and we've been thinking about breakfast this entire hour. Maybe you're getting

hungry. I think I am. If you'd like to share what you are eating for breakfast, please do go to childrenshour.org. Look for our contact page. Email us at info at childrenshour.org. Or you can find us on social media. We're on Facebook, Instagram, Blue Sky, and TikTok as well as YouTube. You can find a learning guide that goes with this episode. Go to childrenshour.org, and look for Breakfast. We've got time for one more on the show today. We're going to go out with a favorite of everyone around here. This is Jack Johnson from In Between Dreams with Banana Pancakes. We'll catch you next time for another edition of The Children's Hour.

{Music: Jack Johnson, Banana Pancakes}

Kids Crew: The Children's Hour is produced by The Children's Hour, Incorporated, a New Mexico nonprofit.

Kids Crew: You can find photos, playlists, learning guides, and activities for every episode at childrenshour.org.

Katie Stone: This episode of The Children's Hour was written and produced by me, Katie Stone, with production help from Sarah Gabrielli

and Thaniel Lentz. Amber Schiel writes our learning guides. You can find the one for this episode at childrenshour.org. Look for Breakfast.

Kids Crew: Find our podcast wherever you listen to podcasts or go to our patreon.com slash The Children's Hour.

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