

High-Protein Breakfast Combos



+



+



=

20 grams protein

1/2 cup
oats

1 cup
milk

2 tbsp.
PB



+



+



=

27 grams protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

23 grams protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



+



+



=

31 grams protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

Protein Breakfast Best Tutorial

**Food and Nutrition Information and
Educational Materials Center (U.S.)**



Protein Breakfast Best Tutorial:

Eat Well & Keep Moving 3rd Edition Cheung, Lillian,Dart, Hank,Kalin, Sari,Otis, Brett,Gortmaker, Steven,2015-11-03 Eat Well Keep Moving Third Edition includes thoroughly updated nutrition and activity guidelines multidisciplinary lessons for fourth and fifth graders eight core Principles of Healthy Living and a new Kid s Healthy Eating Plate to help kids make healthy food choices The ESL / ELL Teacher's Survival Guide Larry Ferlazzo,Katie Hull Sypnieski,2012-08-07 A much needed resource for teaching English to all learners The number of English language learners in U S schools is projected to grow to twenty five percent by 2025 Most teachers have English learners in their classrooms from kindergarten through college The ESL ELL Teacher s Survival Guide offers educators practical strategies for setting up an ESL friendly classroom motivating and interacting with students communicating with parents of English learners and navigating the challenges inherent in teaching ESL students Provides research based instructional techniques which have proven effective with English learners at all proficiency levels Offers thematic units complete with reproducible forms and worksheets sample lesson plans and sample student assignments The book s ESL lessons connect to core standards and technology applications This hands on resource will give all teachers at all levels the information they need to be effective ESL instructors *TIME For Kids Nonfiction Readers: Advanced Plus Teacher's Guide* Chandra Prough,2012-09-01 Eat Well & Keep Moving Lilian W.Y. Cheung,Hank Dart,Sari Kalin,Brett Otis,Steven L. Gortmaker,2015-12-23 In North America obesity continues to be a problem one that extends throughout life as children move into adolescence and adulthood and choose progressively less physical activity and less healthy diets This public health issue needs to be addressed early in childhood when kids are adopting the behaviors that they will carry through life Eat Well this information includes recipes preparation tips promotional materials classroom tie ins and staff training The web resource also details various approaches to getting parents and family members involved in Eat Well Keep Moving A Holistic Approach Eat Well Keep Moving is popular because it teaches nutrition and physical activity while kids are moving The program addresses both components of health simultaneously reinforcing the link between the two And it encompasses all aspects of a child s learning environment classroom gymnasium cafeteria hallways out of school programs home and community centers Further the material is easily incorporated in various classroom subjects or in health education curricula Eight Core Principles Central to its message are the eight core Principles of Healthy Living Those principles at least one of which is emphasized in each lesson have been updated to reflect key targets as defined by the CDC funded Childhood Obesity Research Demonstration partnership These are the principles Make the switch from sugary drinks to water Choose colorful fruits and vegetables instead of junk food Choose whole grain foods and limit foods with added sugar Choose foods with healthy fat limit foods high in saturated fat and avoid foods with trans fat Eat a nutritious breakfast every morning Be physically active every day for at least an hour per day Limit TV and other recreational screen time to two hours or less per day Get enough sleep to give the brain and body the rest it needs Flexible Inexpensive

Easy to Adopt The entire curriculum of Eat Well Keep Moving reflects the latest research and incorporates recommendations from the latest Dietary Guidelines for Americans It fits within school curricula uses existing school resources is inexpensive to implement and is easy to adopt The content is customizable to school and student population profiles and can help schools meet new criteria for federally mandated wellness policies Most important armed with the knowledge they can gain from this program elementary students can move toward and maintain healthy behaviors throughout their lives

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