



4 Ways to Spotlight Breakfast Before the Breakfast Games

1. MyPlate Breakfast Collage

Create a MyPlate poster using materials in your classroom. Ask students to cut out pictures of different breakfast foods and paste the pictures in food groups on the MyPlate poster. Hang it in your classroom to showcase all the delicious breakfast foods that help build a healthy meal.

2. Student Breakfast Fair

Have each classroom create an educational healthy breakfast display. Make it a competition and showcase the winning class at the breakfast games.

3. Class Door-Decorating Contest

Hold a door-decorating contest for each grade at your school to showcase a healthy breakfast theme.

4. Morning Announcements

Inspire teachers and students to eat breakfast everyday by asking a student team member to read a healthy breakfast message during morning announcements leading up to the breakfast games. Mix it up with some breakfast-themed [videos from pro football players](#).