

# 19 PROTEIN FOR BREAKFAST: THE GREATEST BREAKFAST BURRITO



## PURPOSE

Breakfast plays an important role in helping staff's minds and bodies get off to the right start. Eating a well-balanced breakfast can make the difference between being productive or being a zombie at work. Budget-conscious young workers will learn how to make a healthy breakfast to fuel their mornings without breaking the bank.

## ACTIVITY TIME

Approximately 15 minutes

## PREPARATION

- The handout is included in the activity book on page 41.

Alternatively, you can print the handouts from the website. The handouts can be found at:  
[www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)

Click on "Start the Conversation Activities," then find the "Protein for Breakfast: Greatest Breakfast Burrito" activity and click on the "Handout" link. Print one handout per attending staff member, letter size, double sided.

- Print PUSH Cards.

## DIRECTIONS

Supervisor reads out loud

**Supervisor reads out loud**

### SUPERVISOR READS QUESTION

- ✘ *Do not read out loud*



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## BACKGROUND

Eating breakfast is a great way to start the day.

Think of your body as a car. All night, your body uses the food you ate for dinner to help carry out repairs to the body and keep your body happy while you're snoozing.

When your body wakes up from sleep, it has low fuel in the tank. **Filling up with a nutritious breakfast before you begin your daily activities will help your body perform at its peak in work, school, or play, and help you avoid annoying breakdowns and accidents.**

**The key to getting the most benefit from your breakfast is to include protein.** Protein helps the body regenerate—or build and repair—itsself. Foods high in protein also create slow-burning fuel, so they stick with you longer.

Getting carbs and fats in your breakfast is also important. **Eating a balance of nutrients and making sure you stick to healthy plate eating objectives will help ensure the fuel you're putting into your tank is premium and will keep your engine running for a long time to come.**

## ACTIVITY

This week, we're going to have a competition. You're going to get a list of foods that include healthy proteins, fats, and carbohydrates, along with their prices per serving. Your mission is to make a unique and tasty breakfast burrito that **YOU WOULD ACTUALLY EAT** in the morning. You'll choose the ingredients and determine its total cost per serving. In five minutes, we'll share your ideas with the class. There will be three winners: tastiest burrito, most creative burrito and most budget-friendly burrito.

- ✘ *Give each staff member a handout or ask employees to turn to page 41 in their activity workbooks. Allow about five minutes to build their breakfast burrito.*

Okay, now we're going to find out who created the greatest breakfast burritos. Read off the list of ingredients included and the total cost of your burrito. Once we hear from everyone, we'll award the burrito champions!

- ✘ *Have staff vote on tastiest and most creative (you can be the tiebreaker) and declare the most budget-friendly burrito.*

### HOW MANY OF YOU THINK YOU WILL TRY YOUR BURRITO CREATION?

### WHAT ARE SOME OTHER BREAKFAST FOODS YOU LIKE TO EAT THAT ARE HIGH IN PROTEIN?

Today we learned why breakfast is important and how to make a healthy and affordable breakfast burrito.

## PUSH FORWARD

- ✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page ([www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)). If you follow this page you can learn about other ways to stay safe at home and at work.

# 19 PROTEIN FOR BREAKFAST: THE GREATEST BREAKFAST BURRITO HANDOUT — EXAMPLE



### STEP 1: Select your ingredients.

Circle the ingredients you'd like to include in your burrito. Be sure to select a food representing each of the following categories: protein, veggie/fruit, whole grain, and fat.

### STEP 2: Add up the totals of the circled items in Column 2.

This is what it would cost to buy these items on a trip to the grocery store.

### STEP 3: Add up the totals of the circled items in Column 3.

This is the total cost of your burrito.

FOOD ITEM	COST	COST PER SERVING
Avocados	1 avocado: \$1.40	½ avocado: \$0.70
Black beans	15 oz. can: \$0.89	4 oz. (½ C): \$0.24
Brussels sprouts	1 lb. bag: \$6.99	4 oz. (½ C): \$1.75
Cheese, Cheddar	8 oz. bag: \$2.50	1 oz.: \$0.31
Cottage Cheese	12 oz. container: \$1.89	4 oz.: \$0.63
Eggs	1 dozen: \$2.89	1 egg: \$0.24
Flax seed	16 oz. box: \$2.99	2 T: \$0.10
Ham	8 oz. package: \$2.99	4 oz. (½ C): \$1.50
Onion	1 onion: \$0.80	¼ onion: \$0.20
Pepper, Bell	A bag of bell peppers: \$4.99	3 peppers: \$0.25
Pepper, Jalapeno	1 jalapeno pepper: \$0.20	1 pepper: \$0.20
Potatoes	5-lb. bag: \$2.55	8 oz. (1 C): \$0.26
Rice, Brown	16 oz. bag: \$1.19	4 oz. (½ C): \$0.30
Salsa	15.5 oz. jar: \$3.50	2 T (1.2 oz.): \$0.27
Spinach	10 oz. bag: \$1.99	4 oz. (½ C): \$0.80
Tomatoes	Package of 4: \$3.99	1 tomato: \$1.00
Tortillas, Whole Wheat	Package of 8: \$1.99	1 tortilla: \$0.25

oz. = ounces      C = Cups  
lb. = pounds      T = Tablespoons

**TOTAL COST OF INGREDIENTS:**

\$

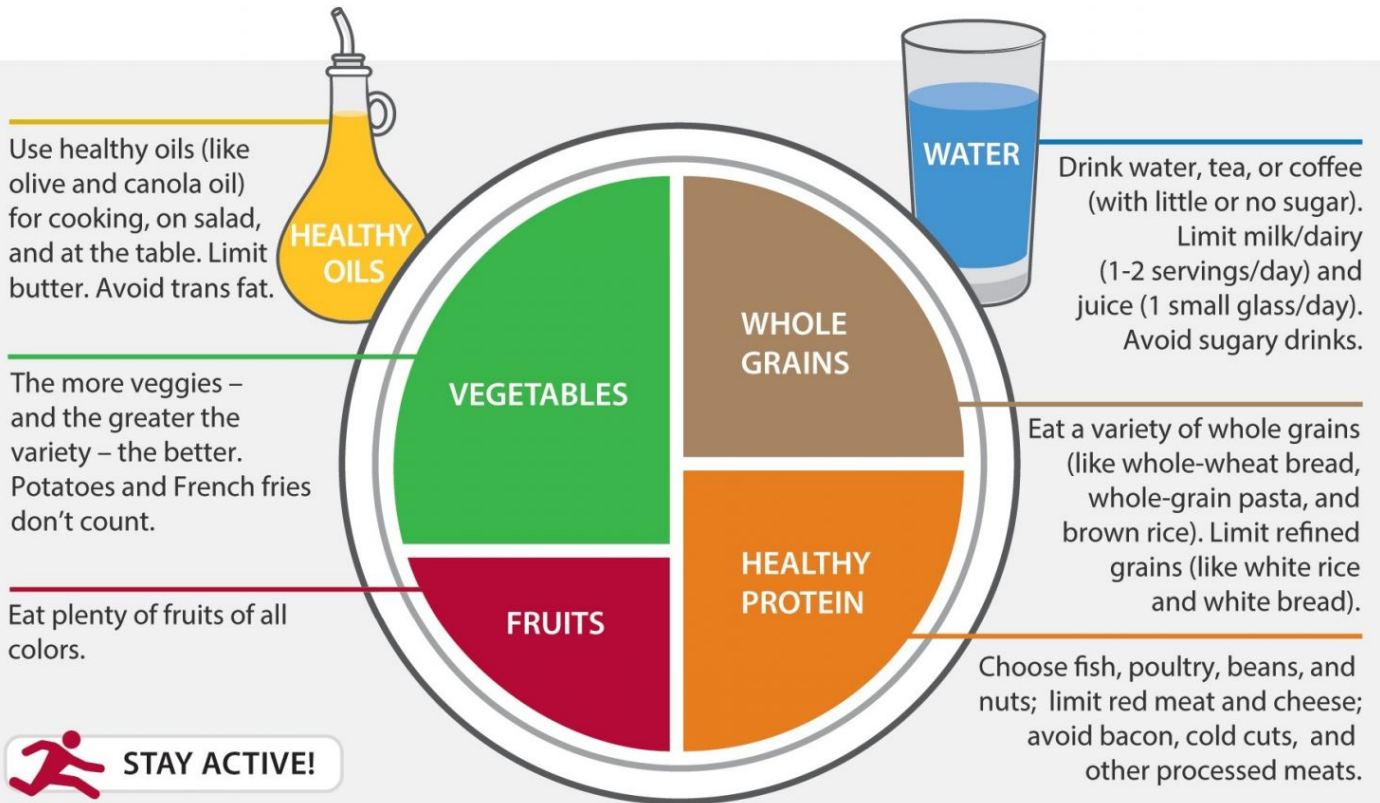
**COST PER BURRITO:**

\$

**STEP 4: Does your burrito meet the MyPlate recommendations?**



# HEALTHY EATING PLATE



 **STAY ACTIVE!**

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