



**SYNERGISTIC
SYSTEMS**

A DIVISION OF PITSCO, INC.

PARENT BRIEFING

Module

Breakfast Nutrition

- Prepare various nutritional breakfast dishes by following instructions that are written and in video form.
- Evaluate various cereal samples on the basis of taste.
- Apply appropriate measuring techniques throughout the preparation of breakfast dishes.
- Use a computer program to evaluate the nutritional value of various cereal samples.

Session Focus

1 Cereal Comparison

2 Muffins

3 Look Before You Eat, Fruity Gulp

4 Breakfast Burrito

5 Start Up Sandwich

6 Breakfast Evaluation

7 Ad Claims

Dear Parent,

As parents and teachers, we realize it can be hard to get a child to discuss what he or she is learning in school. We hope the information provided on this page will assist you in communicating with your child about what he or she is learning.

For the next few days, your child will be learning about nutrition and measuring and microwaving different breakfast foods by completing the Breakfast Nutrition module. As your child's best teacher, your participation in the learning process is extremely important.

Words students will learn in this module include:

- crepe
- fiber
- fortified
- poach
- preserves
- protein
- spice
- vitamin
- whole grain
- calorie

Questions for discussion

During the course of this module, your child will be assessed on key concepts and activities. You might want to discuss these concepts with your child.

He or she will be asked to:

- Identify the number of grams that equal one ounce. (*28.3 grams.*)
- Identify the advantages and disadvantages of using processed food. (*Can be prepared quickly and easily. Disadvantages include cost increases, increase in less desirable ingredients such as fats, sodium, and/or artificial ingredients.*)
- Explain what impact advertising has on food purchase. (*Companies make products appear "new" by adding color and ingredients and reducing preparation steps. Advertising shifts the attention away from basic foods to processed foods.*)



Instructor: _____