

Rise and Shine

Theme Overview: A clever man first pushed the words “breakfast” and “lunch” together to create the word “brunch” way back in 1895. Brunch is a combination of breakfast and lunch foods, and is generally served on the weekends between 10:00 a.m. and 2:00 p.m. Brunch originated in England and became popular in the United States in the 1930s. Throughout the years, brunch has gained steady popularity because it made financial sense — a two-in-one meal with special touches that families did not have time to create during the week. Oatmeal and cold cereal for the rest of the week, but bacon, waffles, fruit, quiche and juices are often saved for the weekend. There are no menu “rules” for brunch, as items can range from breakfast foods to even include seafood and steaks.

Food allergies: Recipes can be modified to accommodate food allergies and preferences.

Reporting: Prior to receiving the April Food, Fun, 4-H kit of supplies, we encourage families to complete the survey at <https://bit.ly/FF4HSurvey>. Survey submissions should include the following information:

- 1 photo preparing one of the dishes
- 1 photo of family meal
- Respond to the following statements about this month’s theme, activities and recipes:
“I like...”
“I wish...”
“I wonder...”



Dinner Conversation Topics:

- What are the qualities that make you a good friend?
- If you could only eat three foods for the rest of your life, what would they be?
- What is one thing you are grateful for today?
- What is something you want to learn how to do and why?
- What is your very favorite breakfast food?

Family Physical Activity Ideas:

- Play a family game of Charades.
- Hold a paper airplane design contest.
- Hold a family hula hoop contest.

Want to research more about Food Preparation? Pick a topic and turn it into a 4-H Project! The Foods project is made up of four age divisions to fit your skill level! You can create a poster or turn your recipes into masterpiece! Join 4-H today and use your new found knowledge of Food Preparation! Additional resources for 4-H Enrollment and the Foods Project can be found at: bit.ly/LCFoodFun4H.

The contents of this document are those of the author and do not necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.

