



Rec'd - 5/18/92
Total - 412 - 5
shelf - 18
counted - 5/19/92

FOOD

Last invoice - 24027
Acct. # 34-0506490-722

Makes the Difference #5

Take Your Horse to Breakfast!
4-H Leader - Junior Leader Guide
4-H 1336L • Reprinted July 1992

Important idea

Breakfast is an especially important meal for the horse and rider.

Before the meeting

Become familiar with the lesson. Also, arrange for a tasty, nutritious snack.

How important is breakfast?

When breakfast time arrives, how many hours has it been since you last ate a meal or evening snack? (Everybody count and give answers.) This is much longer than the 3 to 6 hours we would normally go between meals or snacks during the day. Breakfast does just what the word says. It "breaks the fast" that started with dinner or a snack the night before.

Mornings are usually an active time of day. During the week, it's off to school. On weekends, you may be horseriding or helping with the work to be done at home. We need get-up-and-go power; we need to be alert. Breakfast gives you the

go-power you need. It prevents the mid-morning slump.

The Iowa State University Breakfast Research Study showed that adults and children who ate an adequate breakfast got more work done in the late morning hours. Their reactions

were quicker. They didn't tire as easily. All of these factors are important in horseriding. You need stamina and quick reactions. In school, you also need to be efficient and alert. The Iowa Study showed that students who ate breakfast did better in school.

Why Do People Skip Breakfast?

Discussion

- ☐ ASK EACH GROUP of four to discuss why they did or did not eat breakfast. For each person who skipped breakfast, the group should help him (her) think of ways to make it easier to eat breakfast.
 - ☐ DISCUSS COMMON REASONS for skipping breakfast: not hungry, too tired in the morning, don't get up on time, nobody to fix it for me, don't like breakfast foods, trying lose or prevent gaining weight.
 - ☐ IF YOUR HORSE skipped breakfast, chances are it's because you didn't put feed out for him.
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OREGON STATE UNIVERSITY EXTENSION SERVICE

What is a Good Breakfast?			
Meals	Rider	Nonworking Horse	Working Horse
Breakfast	1/4-1/3 daily needs: milk, meat, fruit, bread or cereal OR milk, fruit, two servings of bread or cereal	less than 1/2 hay	1/3 grain, 1/3 hay
Lunch	1/3 daily needs		1/3 grain, 1/4 hay
Dinner	1/3 daily needs	more than 1/2 hay	1/3 grain, 1/2 hay

Your horse needs breakfast for the same reasons you do. Horses learn to anticipate their feed so they should be fed during the cool of the day early in the morning and near sun-down in the evening. If the horse is working, a noon ration should be fed in addition to the usual morning and evening rations.

Both the horse and rider need a substantial amount of their energy, protein, vitamins and minerals for breakfast.

The rider may wish to eat a vitamin C fruit at breakfast time; this way you'll be sure to

have your vitamin C for the day.

Sudden changes in the diet should be avoided to prevent the horse from going off feed or experiencing digestive disturbances. Add new feeds to the diet gradually.

If you feed your horse grain, you usually feed the grain before the more bulky roughage. When starting horses on grain, it should be mostly oats, preferably crimped or rolled. Since oats are bulky and high in fiber, horses usually get accustomed to oats without digestive difficulty.

Activity: Take your horse to breakfast

Your horse needs breakfast just like you do. Maybe he'd like company for a treat! Each group of four plan a balanced breakfast that each group member could take to the barn to eat with their horse. Also plan the horse's breakfast.

The leader should ask each group to tell others what they planned.

Activity: Don't get in a breakfast rut

What foods are "breakfast foods?" (Ask 4-H'ers to name some.) Orange juice, cereal, toast, pancakes, eggs, bacon and sausage are typical breakfast foods. They are traditional, but do you ever get tired of the same old foods? Breakfast can include any food. Choose the ones you like. For example: cheese sandwich and fruit juice; or hamburger, milkshake and an orange.

The leader should ask each group of four to plan a non-traditional breakfast of any foods they'd enjoy eating in the morning. It should follow the balanced breakfast pattern. Ask groups to share ideas. Encourage them to try the breakfast they planned and report back next month on how they like it.



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