

## Break the Fast!

Today your child learned about the importance of a healthy breakfast. Ask your child the following questions and discuss the answers with him/her:

Q: Why do we need to eat breakfast every day?

A: The word breakfast comes from the term 'to break the fast'. To fast is to go without food for more than 8 hours. After a night of sleep (8-10 hours), your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day! If you don't eat breakfast, your growing body begins to slow down. You may feel weak, get a headache, and have a hard time concentrating. Kids who eat breakfast do better in school, have an easier time concentrating, and score higher on standardized tests.

Q: What does a healthy breakfast consist of?

A: A healthy breakfast contains protein, whole grains and a fruit (or vegetable). We talked about each of these food groups in class, and your child helped to brainstorm some healthy breakfast menus. Have some fun planning your breakfasts for the week together! Here are some ideas:

Breakfast idea #1: oatmeal, yogurt and berries.



Breakfast idea #2: a hard or soft boiled egg, rice, and avocado.



Breakfast idea #3:



a peanut butter and banana sandwich on whole grain bread or tortilla.

Q: What about cereal?

A: There are thousands of cereal choices out there, so we talked about the healthy choices, and the not-so-healthy choices. We became breakfast detectives and looked for clues as to which cereals are "go" cereals and which ones might slow you down:

Clue #1: A "go" cereal has 9 grams or less of sugar **AND**

Clue #2: A "go" cereal has 3 grams or more of fiber

**Enjoy a Healthy Breakfast Every Day!**

Additional resource: <http://www.healthykidsideas.com/breakfast-makeover/>