

# Smart Eating Makes the Grade!

## What's for Breakfast.~

### The Most Important Meal of the Day

Breakfast has always been considered THE most important meal of the day. However, many families struggle with making time for a healthy breakfast.



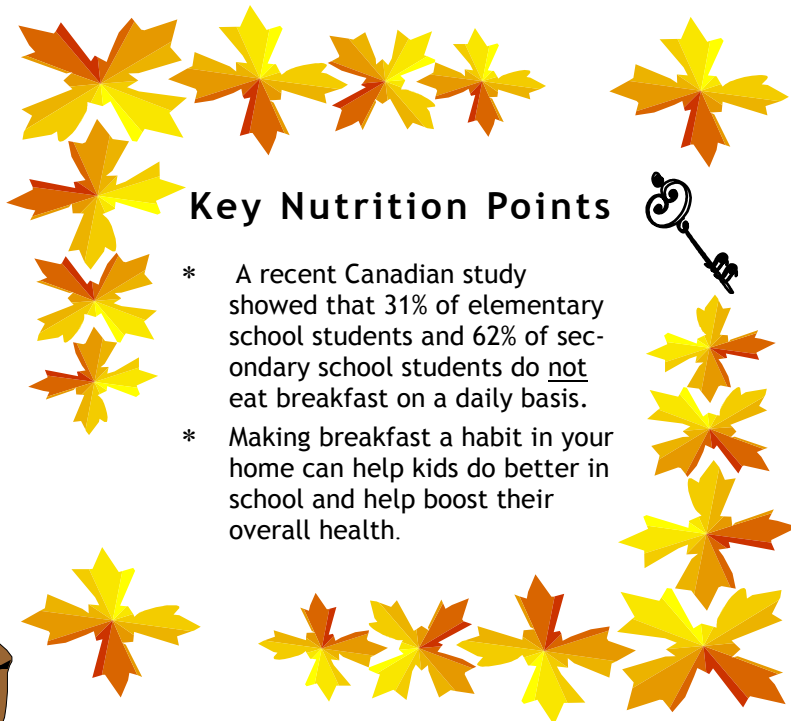
Studies show eating breakfast influences their overall health and how well kids perform in school.



### Without breakfast, kids:

- 1) Have more trouble learning in school
  - a. Less concentration and shorter attention span, especially in the late morning
  - b. Less likely to join in on physical activities
- 2) Are getting less nutrients
  - a. Missing out on a chance to get enough nutrients like calcium and iron
- 3) Are hungry
  - a. Hungry kids can become irritable, angry, or sleepy
  - b. Being hungry can get in the way of learning

Source: Breakfast for Learning



### Key Nutrition Points



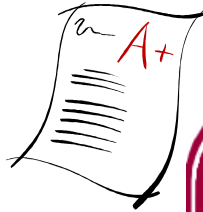
- \* A recent Canadian study showed that 31% of elementary school students and 62% of secondary school students do not eat breakfast on a daily basis.
- \* Making breakfast a habit in your home can help kids do better in school and help boost their overall health.

### Making Breakfast Happen

- ⇒ Have kids set the table for breakfast the night before
  - Set out bowls, cutlery, etc
  - Pour cereal into bowls
  - Have fruit on the table
  - Involve kids in planning breakfast
- ⇒ Keep quick breakfast snacks on hand
  - Single-serving yogurt
  - Whole grain breads, muffins and dry cereal
  - Quick oats or instant oatmeal
  - Fresh fruit
- ⇒ Set a good example by starting the day off with breakfast too
  - Show your kids that you know the importance of breakfast
  - Children who see their parents eating breakfast are more likely to eat it too
- ⇒ Go to bed 15 minutes earlier or wake up 15 minutes earlier to make time for breakfast.

## The Bottom Line

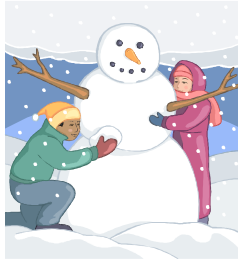
Eating breakfast helps kids do better in school and get the nutrients they need to learn, grow, and play.



## Activity Corner

From the beginning of school to graduation, the average student will spend 15,000 hours watching TV and 500 hours in physical education.

Here are some winter activities that help kids stay active after school and on weekends:



- building a snowman or snow-fort
- skating, skiing, snowshoeing
  - tobogganing

## Breakfast Brain Boosters

- \* Peanut butter or pea butter and jam on whole grain bread
- \* English muffin with 1/2c orange juice and slice of low-fat cheese
- \* A bowl of high fibre (at least 4g) cereal with milk and a sliced banana
- \* Handful of low-fat granola with sliced grapes stirred into yogurt
- \* A smoothie made with low-fat yogurt and your favourite fruit
- \* Easy breakfast sandwich (see recipe below)
- \* Two mini muffins with a fruit and low-fat cheese

## "Break the Fast"

Breakfast literally means "to break the fast". It is the first meal since fasting all night after the supper meal (or evening snack). If you skip breakfast, chances are that you'll feel tired and lack energy for the day ahead.

Imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast provides the fuel that you need to hit the road.



## EASY BREAKFAST SANDWICH

### **Ingredients:**

1 egg, whole  
2 Tbsp light cheddar or mozzarella cheese, shredded  
2 Tbsp diced vegetables of your choice (peppers, onions, mushrooms, tomatoes)  
1 whole grain English Muffin



### **Directions:**

1. Spray small microwave-safe bowl with cooking spray
2. Add egg, cheese and vegetables to bowl.
3. Microwave for 1 minute. Flip over egg and microwave for another 30 seconds to 1 minute.
4. Place egg on toast English muffin. Enjoy!

Source: Heart & Stroke Foundation

For more information, go to [www.rha-central.mb.ca](http://www.rha-central.mb.ca) and [www.dietitians.ca](http://www.dietitians.ca)

Regional Nutrition Program Team

