

Breakfast - a great way to start the day!

What is breakfast?

The word breakfast is really two words, 'break' and 'fast'.

- 'Fast' is when you don't eat food, and all during the night you have been sleeping and not eating - unless you went on a midnight raid of the fridge!

So, breakfast is when you break your fast by eating.

- Your stomach will be very happy about it and your body will be able to use the food to get the energy going, and send you off to school all fuelled up for the day - well at least until morning break!

Why is breakfast important?

What you eat is turned into energy by your body.

- If you don't eat when you first get up, then your store of energy is low, you can't think or work as well and your stomach keeps letting you know that it is waiting for food!

- By the time morning break comes along you are 'starving'.

Of course, you may also want to rush off to 'bag' the netball court, or to some other area where you and your friends like to play, so you may not have time to eat then.

That means that your energy levels are pretty low, just when it is time to do all the most 'thinking' subjects like Maths and English and other activities that need a lot of attention.

What are you thinking about during this? FOOD!

Some breakfast ideas

Who makes breakfast in your house? Mum, Dad, older brothers or sisters, or do you all do your own thing? Whatever happens, it is a good idea to have a drink and something to eat at that time.

- Wholemeal toast, cereals and eggs all provide power (energy) your body needs to get through the morning.
- Milk and other dairy products are especially good for growing bodies and healthy bones.
- Having a toaster can mean that you get something warm without having to stand over the cooktop.
- Using a blender to blend fruit and milk into a smoothie can give you a quick, easy meal with lots of goodness.

Try these ideas.

- ✓ Cereal and milk with a piece of fruit.
- ✓ Toast with cheese or tomato or a spread and fruit or fruit/vegetable juice.
- ✓ Toasted sandwich and fruit or low fat milk.
- ✓ Toast and a smoothie (just cut up fruit like a banana and blend it with milk in the blender).
- ✓ Try warm milk with your cereal on winter mornings.

- ✔ Baked beans on toast (get an adult to show you how to microwave a small serve and then you don't have to clean up a saucepan!)
- ✔ Cut up fresh fruit and eat it with yoghurt, and a piece of toast.
- ✔ Peanut butter sandwich and a banana.
- ✔ Even last night's left-over pizza!

Brain food

Some kids just cannot eat before they get to school.

There can be lots of reasons, so some schools have a breakfast program where you can get something from the Canteen before school or at morning break.

Some schools have started a 'Brain food' program where each class takes a couple of minutes break about an hour after starting school. During this break kids have a small snack of healthy stuff like nuts, fruit, vegetables or yoghurt to boost energy levels and help them make it through the morning without thinking about food all the time because they are so hungry!

"It makes sense to check your car's fuel before setting off on a trip. It makes sense to check every morning that your body has the fuel to keep it working well all through the day. Remember that sugary foods do give you an energy boost but it doesn't last very long.

You need to eat foods like cereal, bread, eggs, milk and dairy foods which will release energy for a longer time and keep you going until lunch."