



# "I EAT RIGHT"

## Starting the Day Out Right, Breakfast!

### INCLUDE ALL FOOD GROUPS:

Adding veggies to your toast, eggs, and sandwiches is a great way to include vegetables in your breakfast. It is also easy to add fruit to yogurt, oatmeal, or toast. An often forgotten food group for breakfast is protein and grains. Try eating eggs, meat or beans for protein, and bread, oatmeal or granola for grains.

### BREAKFAST AT SCHOOL:

Most schools offer an option of a free or affordable nutritious breakfast in the morning for students. This is a great source of breakfast for kids because it is convenient and already prepared for them. School breakfast is also not very much money, and costs less than it would to prepare the same foods at home. Eating breakfast at school also gives your child time to socialize while eating breakfast, and not having to rush themselves.

### HEALTHY HABIT OF THE DAY:

I will eat a healthy breakfast each day!



Healthy LifeStars

### EFFECT ON YOUR BODY:

Eating a healthy and nutritious breakfast is important for your body for lots of reasons. One thing breakfast helps is that it gives your body energy so you can start your day out strong. Since you don't eat while asleep, your body is ready for food right when you wake up!

Eating a good breakfast helps you have energy to focus and play in school. Eating a good breakfast also prevents you from getting a tummy ache, headache, feeling tired or feeling hungry.

When deciding on what to eat for breakfast you should pick something low in sugar, and high in whole grains. Whole grains and the other main food groups such as fruit, vegetables, dairy, and protein will give you the energy you need until lunch. You should aim for a breakfast that has all the food groups in it. An example of a well rounded breakfast would be a glass of milk, scrambled eggs with spinach, and a piece of toast with jam. You should avoid foods high in sugar such as pop-tarts and cereal because these foods don't give you enough energy for your day.

### QUESTIONS TO ASK YOUR CHILD:

Q: What did you have for breakfast today?

Q: How does eating breakfast impact our energy level?

*A: The food provides our body with nutrients that give us energy*

Q: What happens when you don't eat breakfast?

*A: You can feel tired, have a tummy ache, and have little energy*

Q: How do you feel when you don't eat breakfast?

Q: What is a healthy breakfast choice?

*A: A breakfast that includes all the food groups and little sugar*

# What to Eat for Breakfast

It's important to include all 5 food groups when deciding what to have for breakfast.

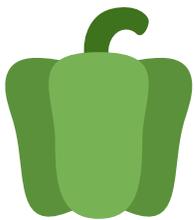
## Dairy:



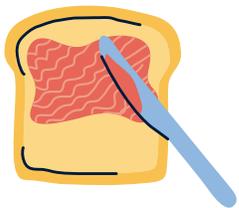
## Fruit:



## Vegetables:



## Grains:



## Protein:



## Homemade Omelets:

### Ingredients:

Serves 6

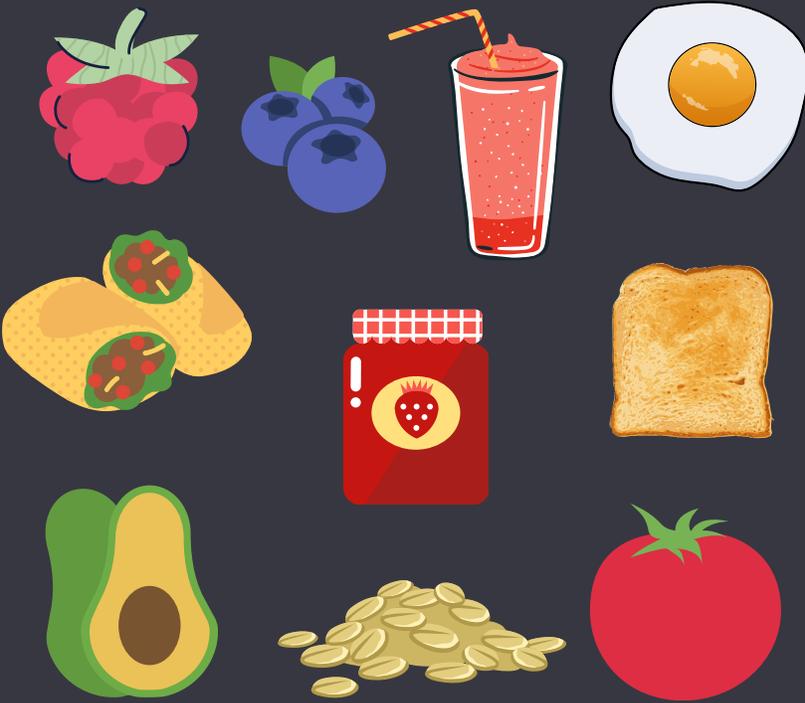
- 12 eggs
- 2 peppers (1 yellow, 1 orange)
- Spinach
- Shredded cheddar cheese
- 1 tomato

### Instructions:

- Crack all 12 eggs into a bowl and whisk
- Add salt and pepper to the egg mixture
- Chop up the spinach, and dice the peppers and tomato into small pieces
- Pour a portion of the egg mixture into a nonstick skillet
- Once the egg begins to cook add in the peppers, spinach, tomato and cheese to one side of the pan
- Once the egg is no longer liquid fold the side without the ingredients over so it covers the ingredients
- Next, flip the whole omelet over so the other side can cook
- Then repeat until you feed the whole family!
- Pair with quinoa, or a slice of toast to get all the food groups in!

# Make a healthy breakfast!

## Healthy Breakfast Options:



## Foods to Eat for Breakfast Every One In A While:



**Draw or write down a healthy breakfast you want to try!**