

Break the Fast with Breakfast

Eating breakfast is like putting fuel in your car before you drive it. It provides the body with the energy it needs to get the most out of the day. Recent studies have shown that a good breakfast not only keeps children's physical energy up but also helps them to concentrate and remember stuff they learn better.

What's the big deal with Breakfast?

- **Kids learn better if they eat breakfast.** A well-fed brain has improved short-term memory, can solve problems better and be more alert and creative too!
- **Studies show that children who eat breakfast are less likely to become overweight.** A good breakfast boosts the metabolism and helps control the urge to nibble all day.
- **Breakfast forms an important part of a child's vitamin and mineral needs (up to 1/3 of what they need per day).** Children who skip breakfast often are not getting enough calcium, iron and fibre as well as vitamin C.

But my child won't eat Breakfast!!!!

It is a common problem trying to get children to eat something before they go to school. Here are some ideas that may help!

- **Give your child time to wake up properly.** Try to avoid a rush as this decreases appetite further.
- **Start by offering something small. Just like any other habit, change needs to happen gradually.**
- **Think outside the square about choices.** A smoothie or leftovers from the night before could be just as effective as a more standard breakfast.
- **Offer your child a choice of a few of things.** This helps them feel more in control of breakfast.
- **Try to think of breakfast ideas when you go shopping and stock up on some quick and easy breakfast foods or ingredients.**

Yummy Breakfast Ideas

- Ready to eat cereal with milk and fruit
- Toasted waffle or crumpet with sliced fruit and yoghurt
- Wholegrain toast with peanut butter
- Corn on the Cob or creamed corn
- Jacket potato with cottage cheese
- Baked Beans on toast
- Yoghurt dip with sliced pita bread
- Smoothie or fruity milkshake (can be made the night before and kept in the fridge)
- Fruity or savoury muffins or scones (can be made in a batch and kept in the freezer for a quick breakfast)