

Top Tips and Activities

Breakfast



Although we are probably all aware, breakfast is the most important meal of the day and it is important that we all eat breakfast daily and that the health benefits associated with eating breakfast are known by children.

Here are the key reasons why we should start our day with a healthy balanced breakfast.

1. Breakfast literally means 'breaking the fast'. Eating breakfast on a morning restores our bodies' energy levels after not eating for up to 12 hours.
2. Adults and children who skip breakfast are less mentally and physically efficient especially during the morning.
3. Eating a healthy balanced breakfast can help control weight as it stops the craving to snack on high fat, sugar and salty foods throughout the morning.

Starting the day with a nutritious breakfast such as cereal with milk, which can be easily fitted into the daily morning routine, will help your children (and you!) concentrate more when they get to school and keep their belly's full until lunch.

Here are our Top Tips for making sure you get the goodness from your breakfast:

Top Tips

1. To avoid breakfast boredom, create a breakfast menu at the beginning of every week and let your children decide before they go to bed what they would like for breakfast the following morning.
2. Lay the table the night before and get your children to help to save time in the mornings and to offer no excuse for missing breakfast.
3. Provide your fussy eaters with a wide range of breakfast cereals in order for them to quickly pick their preferred option for the day and to save you time trying to convince them to eat something they do not want to eat,
4. Buy a variety of cereals so that you can have a change and not get bored.
5. Set a good example for your children by sitting down and having breakfast too.
6. Keep a range of toppings such as raisins, sultanas, seeds and nuts, bananas and dates in your store cupboard. Encourage changes and tickle your taste buds by adding a different one everyday.
7. Make it a social occasion. Eat breakfast together and talk about the day ahead – make it positive and light hearted to start the day on the right note. Not everyone is bright eyed and bushy tailed in the mornings and this can help give them the kick start they need!
8. Breakfast offers the perfect opportunity to help you get your 5 a day. Drink a glass of fruit or vegetable juice, a smoothie or top your favourite breakfast cereal with a portion of fresh or dried fruit.
9. Boost their fibre intake. Choosing a whole grain breakfast cereal can help fill you up till lunch time.
10. Put the fast back into breakfast! Plan a quicker and speedier breakfast in the week, cereals are ideal to avoid the last minute dashing around before work and school. Take more time out and make it more leisurely at the weekends if you can.

