

# ensure your child has a healthy breakfast

It is important because:



1. Your child has not eaten for many hours and needs energy for the busy day ahead.
2. Without breakfast it is more difficult to concentrate on school work during the morning.
3. Without breakfast it is more likely for your child to fill up on less healthy foods like fizzy drinks, crisps and chocolates.

## some useful tips on how to eat healthy foods

If you find there is no time for breakfast, try getting up a little earlier.

Set a good example as a parent by having breakfast yourself.

There are many delicious and nutritious foods that can be eaten.

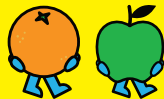
Here are some Ideas:

Cereals with milk e.g. Weetabix, Shreddies, Porridge, Fruit 'n' Fibre, Branflakes, Muesli, etc.

(Try to avoid the sugar coated products)

Toast / Crackers with butter / margarine and marmalade or jam.

Fresh fruit.



Yoghurt.

Unsweetened fruit juice/milk as a drink.

Boiled egg/Baked beans/Ham on toast.



# change

# 4 life

Eat well Move more Live longer