

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Cereal Toppings

What You Need:

- Bowl of hot or cold cereal
- Variety of Toppings, such as:
 - Fruit
 - Peanut Butter
 - Yogurt
 - Raisins
 - Granola
 - Sliced Almonds

What To Do:

- Invite your child to help you create a new cereal taste by choosing interesting toppings
- Try some of these ideas:

Apple Berry Crunch

Apples, Strawberries, Granola

Strawberry Banana

Strawberries, Bananas, Yogurt

PB&J

Peanut Butter and Strawberries

Nutty

Nuts and Raisins

Tropical Blast

Strawberries, Blueberries, Bananas



EAT BREAKFAST

Eating breakfast helps your family start the day in a healthy way

Breakfast Fuels Your Day

Breakfast is a crucial part of the day. After going without food for several hours while sleeping, the body needs a healthy meal in the morning to refuel. According to the American Academy of Pediatrics, up to 12% of children regularly skip breakfast before school for either financial reasons or a lack of time in the morning. Children who do eat breakfast have improved attention and better school scores.

If you and your children skip breakfast, you may feel tired, irritable, or restless. Your energy level may also drop early in the day without a healthy breakfast.

Eating breakfast can also help your family stay healthy. When you eat a healthy meal in the morning, the body is better able to transform the food into energy for the day. The process of creating energy also allows the body to start burning calories. Encourage your family to eat a variety of foods for breakfast, including fruit, grains, protein, and dairy. This may include berries, whole grain toast, eggs, and milk.

**The Nemours Foundation. (2012). KidsHealth: Breakfast Basics. Retrieved from http://kidshealth.org/parent/nutrition_center/healthy_eating/breakfast.html*