



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 6

Jump-start your brain

Starting the day without breakfast decreases attention span and your child's ability to concentrate. Children who eat breakfast do better in school. Compared to those kids who skip breakfast, children who eat breakfast are less likely to be overweight and less likely to visit the school nurse because of stomachaches.

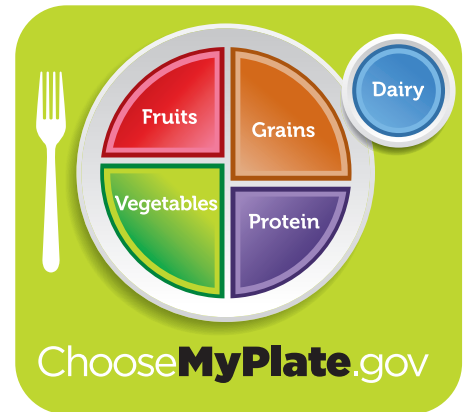
No time? Think again!

Most of us say we have no time – no time to plan breakfast and then no time to eat it. Here are some ideas to move beyond this:

- Get your child up 10 minutes earlier to make more time for breakfast.
- Leave the television off in the morning. Make breakfast the priority.
- Put breakfast foods out for easy access in the morning like cereal and fruit.
- Spend a few minutes together with your child planning the next day's breakfast. Your child is more likely to eat in the morning if she is involved in planning it.



- Sit down to eat breakfast together. If your child sees you eating breakfast, she or he is more likely to eat breakfast too!



U.S. Department of Agriculture. ChooseMyPlate.gov

Try for three!

Include foods from at least three food groups. Use MyPlate to remind you and your family to plan a healthy plate when planning breakfast.

Here are some breakfast ideas to get you started:

- Whole-grain cereal with milk and sliced strawberries on top
- Low-fat or nonfat yogurt mixed with sliced fruit and low-fat granola
- 100 percent whole-wheat toast with peanut butter and fat-free or nonfat milk



What ideas do you and your child have?

Children love to be involved in planning meals and snacks. Talk about breakfast ideas you will try together. What would you add to the foods below to include foods from at least three food groups? Write them in below.

100 percent whole-wheat tortilla + _____ + _____

Fruit smoothie + _____
 (fat-free or nonfat milk and fruit)

Grilled cheese + _____
 (100 percent whole-wheat toast and low-fat or reduced fat cheese)

Carrot sticks and hummus + _____



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