

# Healthy Breakfasts Can ENERGIZE Your Child for Testing!

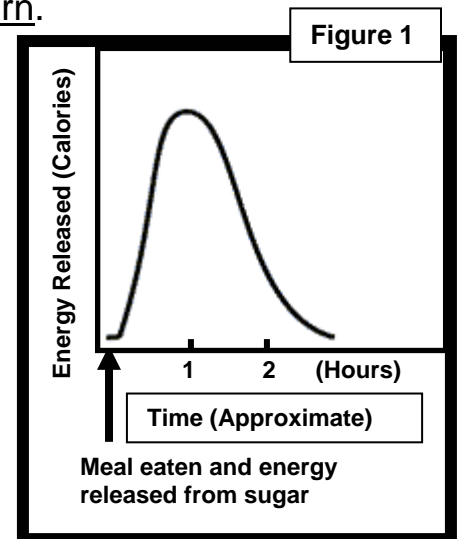
Your child's school will be giving standardized tests during the next two weeks. A **good night's sleep** and a **healthy breakfast** will help them do better on these tests and year-around! This is an excellent time to practice healthy breakfast habits and maybe even try a new breakfast recipe or two!

The kind of food eaten for breakfast makes a **big difference** in how long the meal will keep your child energetic, alert and ready to learn.

- A breakfast of sugar or starch (like a sugary breakfast cereal or a sweet doughnut) only lasts 1-2 hours. (See *Figure 1*)
- **With less energy** from a sugary breakfast (or no breakfast) children can become **sleepy, grumpy and unfocused** halfway through the morning.

Help your child do well at school—make sure they have a balanced breakfast **every day!**

- A **balanced** breakfast, consisting of **complex carbohydrates, protein and fat** gives energy and prevents a drop in blood sugar for several hours, until snack or lunch time.



- A meal which includes a **variety** of foods:
  - whole grains—whole wheat bread, brown rice, oatmeal
  - protein—eggs, lean meat, tofu, nuts, beans
  - fresh fruits and vegetables
  - low fat dairy—milk, yogurt, cheese

will provide the **most** benefits to a child, educationally, nutritionally, and physically.

- A balanced breakfast that keeps a child energized until lunch can be a quick and easy meal—at home, at school, or on the go.

**Try some of the healthful suggestions that are included on the back of this sheet to ensure that your child is physically alert and ready for the testing that will occur over the next 2 weeks.**



# EVERYONE NEEDS TO EAT BREAKFAST!

- To provide energy for the body to start the day.
- To reduce hunger all day.

## Children who eat breakfast are better prepared to learn and play!

- Encourage your child to eat breakfast at school as part of the School Breakfast Program.
- Any nutritious food you enjoy is good for breakfast. Try something from the *Breakfast Options* list or from the recipes below!
- If you don't have time for breakfast at home . . . send something with your child to eat while waiting for the bus or in the car. You can prepare a 'breakfast to go' the night before.

### BREAKFAST OPTIONS

- Leftover pizza
- Sandwiches
- Quesadilla
- Low fat cottage cheese with fruit
- Peanut butter toast and a glass of milk
- Tortillas and beans with salsa
- Cereal and milk with banana slices
- Rice with milk and fruit
- Rice porridge
- Hard cooked eggs with toast
- Yogurt & Dry cereal
- Cheese and crackers



### Yogurt with a Crunch

Makes 1 serving  
**6 to 8 ounces** plain or flavored low fat yogurt  
**1/4 to 1/2 cup** ready-to-eat breakfast cereal  
**1/4 to 1/2 cup** sliced or chopped fruit (frozen, canned or fresh)  
 Place all ingredients in a bowl or large cup. Stir and eat with a spoon.

1 serving has about 300 calories and 3 grams of fat.

Remember a healthy breakfast includes a variety of food from every food group: protein, dairy, grains, fruits and vegetables!

### French Toast

Makes 4 servings

**3 eggs**

**1/2 cup** low fat milk

**1/8 teaspoon** salt

**8 slices** day-old bread

Spray or lightly grease large fry pan. Beat eggs, milk and salt together with a fork; pour mixture into a shallow bowl. Dip bread slices one at a time into egg mixture, turning to coat both sides. Place bread on hot fry pan. Cook until golden brown; turn and cook second side until golden brown. Serve hot with fresh fruit.  
 1 serving has 200 calories and 6 grams of fat.

