

BREAKFAST: Power your day

WHAT

Eating a well-balanced breakfast gives you energy to power your day. Just like a car won't work without gasoline, our bodies need proper fuel to play, learn, and grow. Breakfast is an important meal and by making healthy food choices in the morning, you will feel energized and have a full tank of fuel for your day. Set a goal to eat a healthy breakfast daily.

WHY

Breakfast jump starts your body and brain for health and success. By eating breakfast you will be more alert and able to concentrate. You will feel happier and ready to work and play. Kids who eat breakfast are more likely to participate in physical activities and tend to eat healthier overall. Kids who skip breakfast tend to gain weight, have more illness, have nutrient deficits, and are less able to learn.

CHALLENGE

KIDS--Pick foods from at least 3 different food categories for breakfast. Check the food pyramid on the back of this sheet to remind you of these categories. Try to eliminate burn-out foods such as high sugared cereals, breads, doughnuts, and muffins. Go for protein (milk and eggs) and fibrous fruits that power your body all day!

PARENTS--Help provide your child with multi-food group options such as whole grain cereals, milk, eggs, and fresh fruit. Throw some veggies in an omelet or scrambled eggs. Plan enough time in the mornings to allow your child time to eat a healthy meal. Focus the meal on low sugar choices, whole grains, and fibrous fruits. Milk, a whole grain cereal, and fresh berries are a perfect start to the day. Have grab and go options available such as yogurt, fresh fruit, whole grain toast, or a healthy breakfast bar for those rushed mornings. Power your child for success every morning with a nutritious breakfast.

HEALTHY CEREAL TIPS

- Chose cereals with less than 10 g of sugar. The lower the sugar content per serving the better.
- Chose cereals that are 100% whole grain.
- Chose cereals with at least 1 g of fiber, better yet, 3 or more.
- Review labels and look for cereals fortified with vitamins and minerals.

TRACK IT

On your Wellness Tracker, Color the days that you eat a well-rounded breakfast containing 3 or more food groups.

EXTRA ENRICHMENT

Check out the labels on boxes of cereal in your food pantry and rank them in order of nutrition by using the healthy cereal tips listed. Share with us what you found. Go to the grocery store and chose a new, healthy cereal to try based on the "Healthy Cereal Tips" criteria. Which one did you pick?









































































HIGH FIBER FRUITS

Raspberries	Orange
Blackberries	Apple
Strawberries	Pears
Banana	Avocado
Papaya	Prunes

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TRACK IT:

Use this chart to document your healthy habits and accomplishments of your challenges. Bring it back with a parent's signature to show your Club KidFit instructor for a free t-shirt!

CHALLENGE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST Color the apple under the days that you ate more than 3 food groups during breakfast (grains, vegetable, fruit, milk and meat & beans)							
ACTIVATE Color in the circles for every 15 minutes you activated your body today-recess, running, biking, dancing, jumping, etc. Try to get 60 minutes or more!	    	    	    	    	    	    	    
HYDRATE Write a W every time you drink water, an M every time you drink milk and a J every time you drink 100% fruit juice!							
ATTITUDE Color a smiley face for each compliment you give yourself today. Tell your parent what each compliment was. Think of at least 3 per day.	   	   	   	   	   	   	   
NUTRITION Write an F for every Fruit you eat and a V for every Veggie. Eat at least 5 fruits and veggies every day.							
GOAL Write your goal and how you will track it here:							

I worked hard and tried my best to complete the wellness challenges. I am a healthy, happy and fit kid!

Child's Name and Signature

Parent's Name and Signature