

# Eat Healthy Be Active

Keeping Children  
Healthy at Home  
and School

[www.eathealthybeactive.net](http://www.eathealthybeactive.net)

Use this activity to help  
your child learn

## FAMILY FUN

### Fruit Smoothies

#### What You Need:

- Blender
  - Frozen or fresh fruit
  - Berries
  - Bananas
- Plain yogurt
- Milk



#### What To Do:

- Combine fruit, yogurt, and milk in a blender
  - If you use fresh fruit, add ice to make the smoothie thicker
- Cover and blend until smooth
- If needed, add more milk to make the smoothie thinner
- Serve in cups or glasses and enjoy with your child



## EAT BREAKFAST

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

## A Healthy Breakfast Feeds the Brain

Eating a healthy breakfast gets you and your family ready for the day. Breakfast helps keep your family healthy, and can also aid in your child's success. Children who eat breakfast have improved attention, concentration, and memory. These children also have more energy and fewer absences.

It is important to think about what you and your family eat for breakfast each day. A healthy meal in the morning provides important nutrients such as calcium and fiber to keep you full longer. Breakfast foods should be high

in whole grains, fiber, and protein, but low in sugar.

To help your family make time for breakfast, it can be helpful to plan the meal the night before. Prepare as much as possible by cutting fruit, setting out dishes, and collecting ingredients. Some meals can even be made the day before, refrigerated, and heated when you're ready to serve breakfast for your family.

*\*The Nemours Foundation. (2012). KidsHealth: Breakfast Basics. Retrieved from [http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/breakfast.html](http://kidshealth.org/parent/nutrition_center/healthy_eating/breakfast.html)*