

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net



EAT BREAKFAST

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

Eat Breakfast Together

It can be challenging to provide a healthy meal each morning for your family. Mornings are often filled with rushing to get the whole family ready, leaving little or no time to prepare and eat breakfast.

Try to enjoy breakfast as a family. This allows your family to connect in the morning, and promotes healthy eating habits. Make time to eat a healthy morning meal with your child, and mention the importance of fueling your body.

If your family is too hurried to sit down

for breakfast together, it is important to provide a healthy breakfast to eat on the go.

Ideas for a quick breakfast:

- Fresh fruit and toast
- Yogurt and granola
- Cereal and milk
- Fruit smoothie
- Trail mix or granola bar with milk

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

Use this activity to help your child learn

FAMILY FUN

Breakfast Picnic

What You Need:

- Breakfast
- Dishes and utensils
- Depending on location, you may need a blanket, containers, etc.



What To Do:

- Invite your child to join you for a breakfast picnic
- Choose a different location than where you normally eat breakfast, such as:
 - Yard
 - Park
 - Patio
 - Living room
- Allow your child to help you pack a healthy breakfast to bring to this location
- Enjoy your breakfast while spending time with your child

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