

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Fruit Parfait

What You Need:

- Fruit of any kind, such as:
 - Berries
 - Oranges
 - Bananas
- Yogurt
- Granola or crunchy cereal
- Glass



What To Do:

- Help your child make a healthy breakfast
- Provide a glass for a fruit parfait
- Teach your child how to layer spoonfuls of the ingredients into the glass
- Give your child options of what to include in the parfait
- Talk to your child about the different colors and tastes of the food choices
- As you and your child enjoy your parfaits, talk about the importance of eating breakfast



EAT BREAKFAST

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

Making Breakfast can be Fun

Some children do not want to eat in the morning, but breakfast is an essential meal of the day. Breakfast helps fuel the body with energy to start the day, keeps you full longer, and provides many needed nutrients. Eating breakfast often leads to improved concentration and moods. It also provides an opportunity to spend time with your family.

One way to help your child enjoy breakfast is to make your healthy meal fun! Allow your child to be safely involved in the preparation when possible, letting him or her mix ingredients, pour batter, or decorate plates.

Here are some ideas to help make breakfast fun for your family:

Mouse Pancakes

Transform this classic breakfast by connecting two small circles of pancake batter to one larger circle. Add apples, blueberries, or raisins to the pancakes for variety.

Heart Waffles

Use a heart-shaped cookie cutter to create a fun, healthy breakfast. Make whole grain waffles into fun shapes.