



HUNGRY FOR BREAKFAST



Today we read the book “The Very Hungry Caterpillar” by Eric Carle. We learned how important it is to our bodies and brains to start our day by eating healthful foods! When we eat a good breakfast each day we will grow up healthy, learn and have enough energy to play.

Young children learn most of their habits from their parents, so it’s important for parents to set a good example and eat breakfast every day too.

We sang a fun rhyming song about breakfast. Ask your child to teach you the song.

Ring around the Rosie, a breakfast full of energy, oranges, oranges we all stand up. (Students remain standing)

Ring around the Rosie, a breakfast full of energy, donuts, donuts we all fall down. (Students fall down)

The Academy of Nutrition and Dietetics states says that children who eat a healthful, well-balanced breakfast are more likely to:

- meet daily nutrient requirements
- better concentration
- have better problem-solving skills
- have better hand-eye coordination
- be more alert
- be more creative
- miss fewer days of school
- be more physically active.

AT HOME ACTIVITY

Try this easy, healthful, on-the-go breakfast idea for your family. Place 1 cup of low-fat plain or vanilla yogurt in a blender or smoothie maker. Add ½ to 1 cup of your favorite frozen fruit or fruit combination such as strawberries, blueberries, or bananas.

Blend and serve for a nutritious and filling start to your morning!

REMEMBER TO BRUSH!



After eating a nutritious breakfast, remember to brush your teeth! Brushing your teeth twice every day keeps your teeth — and your gums — clean and healthy. Even if your child doesn’t have permanent teeth yet, he or she still needs to brush. If your child doesn’t brush, the permanent teeth growing underneath can be damaged by the build-up of plaque and food particles that lead to tooth decay.