



**Breakfast - a great way to  
start the day!**

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# What is breakfast?



- Breakfast is when you “break” your “fast” (the time when you don’t have meals) by eating.
- Your stomach will be very happy about it and your body will be able to use the food to get the energy going, and send you off to school all fuelled up for the day - well at least until morning!



# Why is breakfast important?

- What you eat is turned into energy by your body.

If you don't eat when you first get up, then your store of energy is low, you can't think or work as well and your stomach is waiting for food!



# Some breakfast ideas

Wholemeal toast, cereals and eggs all provide the power (energy) your body needs to get through the morning.



Milk and other dairy products are especially good for growing bodies and healthy bones.



# Try these ideas.

Having a toaster can mean that you get something warm without having to stand over the cooktop.



Using a blender to blend fruit and milk into a smoothie can give you a quick, easy meal with lots of goodness.



# Brain food



Some schools have started a 'Brain food' program where each class takes a couple of minutes break about an hour after starting school. During this break kids have a small snack of healthy stuff like nuts, fruit, vegetables or yoghurt to boost energy levels and help them make it through the morning without thinking about food all the time because they are so hungry!

# Doctors say:

“Remember that sugary foods do give you an energy boost but it doesn't last very long.

You need to eat foods like cereal, bread, eggs, milk and dairy foods which will release energy for a longer time and keep you going until lunch.”





Thanks for  
attention!

