

# School Health Promotion Morning Announcements

SEPTEMBER: Healthy Breakfast



## Bus Analogy:

*[Start speaking here.]*

Eating a good breakfast is really important. It gives you fuel for your brain!

Think about it: What would happen if the school bus ran out of gas? It would slow down and eventually stop. That's what would happen to your body if you didn't eat breakfast! A healthy meal before school gives you the energy to learn and play all day.

What did you eat this morning?

**[Only for schools that offer in-school breakfast]** Remember: If you run out of time at home, breakfast is available at school every day!

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