

School Health Promotion Morning Announcements

SEPTEMBER: Healthy Breakfast



Science-Minded:

[Start speaking here.]

Why is breakfast important? Even when you sleep, your body is using energy. And when you wake up, a lot of time has passed since dinner. A well-balanced breakfast with protein, grains, fruit, and dairy will wake up your body and give you energy for the whole day.

[Only for schools that offer in-school breakfast: Breakfast is available at your school every morning, if you miss it at home.]

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