

School Health Promotion Morning Announcements

SEPTEMBER: Healthy Breakfast



Two-Student Dialogue:

[Start speaking here.]

Student 1: Did you eat breakfast this morning?

Student 2: Nah. Didn't have time.

Student 1: Things were really busy this morning at my house, too. So my parents gave me a "banana burrito!"

Student 2: What in the world is a "banana burrito?"

Student 1: It's simple and really good for you. Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.

Student 2: That sounds good! Maybe I'll ask my parents if I can get the ingredients. But now, since I haven't eaten breakfast, I need to take a nap!
(snores)

Student 1: Boy – he really ran out of energy. **[Only for schools that offer in-school breakfast:** When he wakes up, I should tell him that he can also get breakfast at school every day!]

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