

Fairfax County School Health Promotion October Newsletter Articles



October Energy Train: Kick-start Your Day with a Healthy Breakfast!

Newsletter Articles

Very Short:

Hey - are you dragging today? Did you remember to eat your breakfast? It is known that children who eat breakfast are more alert, have more energy, and do better in school. **[Only for schools that offer in-school breakfast]** Didn't have time to eat at home? Breakfast is available every morning in the school cafeteria!

Short:

Boost your child's brain and body with a healthy breakfast every morning. Short on time?

Try these healthy, on-the-go recipes:

- **Yogurt on the Go.** Light flavored yogurt with raisins, sunflower seeds, and strawberries on top.
- Create your own **trail mix** with low-fat, low sugar granola, and dried fruit.
- **Breakfast Crostini.** Mix ricotta and honey and spread over baguette with sliced strawberries on top. Can replace ricotta with cream cheese.
- Grab a piece of **fruit, cheese,** and your favorite **nuts** and enjoy!

Plan ahead recipes:

- Cook extra oatmeal on the weekend and store in ready to go containers that can quickly be heated up and taken on the go.
- Make extra pancakes and store in freezer for quick and easy heat up in the mornings. To zest it up add fruit in your pancake batter. Use milk instead of water for added calcium.
- Make hearty muffins on the weekend to eat during the week.
- Did you know that left over dinner makes a good breakfast too! Breakfast does not have to consist of our typical breakfast foods.

[Only for schools that offer in-school breakfast] Did you know? Healthy breakfasts are also available in the cafeteria each morning.

For more tips, visit www.choosemyplate.gov

Section 2: Morning Announcements

Train Analogy:

{start speaking}

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

Think about it: What would happen if a train ran out of fuel? 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?



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

One Student Monologue:

{start speaking}

1. This is your wellness wake up call. Did you know that Vitamin C rich foods such as oranges and strawberries help to protect you from getting sick? Many fruits have Vitamin C in it and you can mix them with plain yogurt and granola or blend them into a smoothie for a healthy breakfast. [Only for schools that offer in-school breakfast] Remember school offers breakfast every morning if you do not have time to eat at home!
2. This is your wellness wake up call. Did you know you don't have to eat traditional breakfast foods? Healthy leftovers are great to eat too! Any healthy food is fine to eat no matter what meal of the day!
3. This is your wellness wake up call. Did you know that eating breakfast helps you focus and pay attention in school, be more creative, and gives you energy to run and play? So start your day off right. Eat Breakfast!

Two-Student Dialogue:

{start speaking}

Student 1: (*Groans*) I'm so hungry!

Student 2: Well, did you eat breakfast this morning?

Student 1: No, we were in a hurry and I didn't have time.

Student 2: Yeah, things can get really busy in my house too, but my mom makes me a banana burrito.

Student 1: A banana burrito? What is that?

Student 2: My mom puts peanut butter and bananas on a tortilla and rolls it up so I can carry it and eat it on the way to school.

Student 1: Hmm... that sounds good. I'm going to ask my mom if she can make that for me too! *Yawns* I'm really getting tired.

Student 2: Yeah, it's probably because you didn't eat breakfast. I always get tired if I don't eat breakfast. When you eat breakfast it gives you more energy! [Only for schools that offer in-school breakfast] Did you know they also have breakfast in school if you don't have time to eat at home?

Student 1: I didn't know that, but I will let my mom know. Thanks!

{END}

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