



Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!



What food from the Grains Group are Nate and Kate eating?

Parents

Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

Check the Ingredients List:

Take a few seconds to see if the food is made from whole grains. Look for the word "whole" before the first ingredient. Some examples of whole-grain ingredients are:

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice



I Ate Breakfast Today!

For each day that you eat breakfast, draw and color a star.

Once you fill out the chart, cut out the badge to wear to school.



Parents

Try these fun breakfast ideas:

Cereal Mixer: Combine two or three of your child's favorite whole-grain cereals of different shapes. Help your child name the different shapes.

Oatmeal Topper: Add a favorite fruit and spices.

Wake-and-Make Burrito: Stuff a whole-grain tortilla with chopped veggies, scrambled eggs, and low-fat cheese.



Cereal Mixer



Oatmeal Topper



Wake-and-Make Burrito