



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **6**

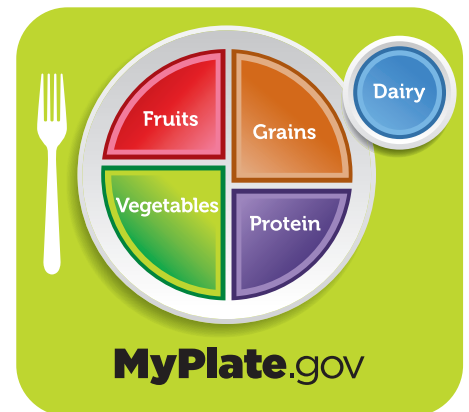
Jump-start your brain

Starting the day without breakfast decreases your child's attention span and ability to concentrate. Children who eat breakfast do better in school. Compared to those kids who skip breakfast, children who eat breakfast are less likely to be overweight and less likely to visit the school nurse because of stomachaches.

No time? Think again!

Many of us say we have no time—no time to plan breakfast and then no time to eat it. Here are some ideas to move beyond this:

- Prepare something the night before. Try the Peanut Butter Berry Overnight Oats recipe at <http://missourifamilies.org/nutrition/recipes/PeanutButterBerryOvernightOats.htm>.
- Leave the television off in the morning. Make breakfast the priority.
- Put breakfast foods—like cereal and fruit—out for easy access in the morning.
- Spend a few minutes with your child planning the next day's breakfast. Your child is more likely to eat in the morning if he or she is involved in planning it.
- Sit down to eat breakfast together. If your child sees you eating breakfast, she or he is more likely to eat breakfast, too!



U.S. Department of Agriculture. www.myplate.gov

Try for three!

Include foods from at least three food groups. Use MyPlate to remind you and your family to build a healthy plate when you plan breakfast.

Here are some breakfast ideas to get you started:

- Whole-grain cereal with milk and sliced strawberries on top
- Low-fat or nonfat yogurt mixed with sliced fruit and low-fat granola
- 100-percent whole-wheat toast with peanut butter and fat-free or low-fat milk



What ideas do you and your child have?

Children love to be involved in planning meals and snacks. Talk about breakfast ideas you will try together. What would you add to the foods below to include foods from at least three food groups? Write them in below.

100-percent whole-wheat tortilla + _____ + _____

Fruit smoothie + _____
 (fat-free or low-fat milk and fruit)

Grilled cheese + _____
 (100 percent whole-wheat toast and low-fat or reduced fat cheese)

Carrot sticks and hummus + _____

Funded in part by USDA SNAP.

For more information, call MU Extension’s Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu