

DON'T FORGET BREAKFAST!

Breakfast is an important part of healthy eating, and it's hard to enjoy the day if you start out hungry.

Benefits of breakfast:

- Helps children control their behaviour, concentrate and stay alert.
- Contributes to children's daily intake of essential nutrients.

Breakfast is easy:

- Serve wholegrain cereals with milk and fruit.
- Try a slice or two of wholegrain toast with cheese and fresh tomato.



**Sit with your
child and enjoy
breakfast together
each morning.**