



Take Home #2 Better Breakfasts

Dear Parents,

Today we discussed the importance of healthy eating and physical activity to maintain a healthy weight. We also discussed the significance of starting the day with breakfast and indicated that a healthy breakfast consists of at least three food groups from the Choose My Plate guide. Breakfast helps give your child's mind and body energy so that they can concentrate and do better at school, as well as have energy to play with their friends. Help your child come up with some healthy breakfast options and try to include these options during breakfast time at home.

Here are some fun, healthy breakfast recipes to make at home with your kids:

Breakfast Burritos

makes 1 serving

2 eggs
1/4 cup salsa
1 whole grain tortilla

In small bowl, whisk egg. Pre-heat non-stick pan over medium heat and then add egg. Scramble eggs until fully cooked. Place egg in tortilla, then top with salsa. Fold tortilla into a burrito.

Fun & Fruity Parfait

makes 1 serving

1/2 cup granola
1/4 cup blueberries
1/4 cup strawberries,
sliced 1 cup vanilla
yogurt

In glass or small bowl, add 1/2 cup vanilla yogurt. Layer with few slices of strawberries, a few blueberries and 1/4 cup of granola. Then add rest of yogurt and top with rest of fruit and



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Instructions: With your parents, come up with a week's worth of healthy breakfast options by mixing and matching foods from at least three food groups. Use your *Fit4Kidz Choose My Plate* for help with combining food groups for a nutritious breakfast. Then try making some of these delicious breakfasts this week!

Food	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							

