

## Breakfast

A child in class whose last meal was dinner the night before has gone about 16 hours without food. Most parents know that breakfast is important for everyone, especially children but is any kind of breakfast better than no breakfast at all? Unfortunately, no. A doughnut, for example, provides a quick rush of energy that lasts about 40 minutes, about the length of time it takes the youngster to get from the breakfast table to his classroom!

Traditionally, teachers schedule "heavy" subjects, such as reading, during the morning hours, and so it becomes even more important that the child's brain be fueled. State and district testing comes in the next few months, so the "breakfast habit" would be good to start now. The following suggestions have proved helpful in sending youngsters off to school ready to learn.

- Offer options, "Here is what's for breakfast. You have two choices, pick one."
- Put the blender to good use. Concoct a smoothie with milk, vanilla, and a couple of tablespoons of honey. There is an unlimited assortment of options with all sorts of combinations: orange juice, bananas, apple juice, wheat germ, etc. Eight ounces of such a drink served over shaved ice with a couple of slices of whole, wheat toast will keep any youngster on his toes until noon.
- If the youngster likes cereal, dry or cooked, give it an extra boost with a sprinkling of wheat germ, chopped nuts, raisins, or other fruit.
- Leftover pizza doesn't make a bad breakfast. It's more nutritious than any other fast food, and you can increase its nutrition by adding extra cheese.
- Layer yogurt, fruit, and granola in glasses for a parfait look.
- Try a breakfast buffet with sliced fresh fruits, finger food vegetables, hard-boiled eggs, whole-wheat muffins. The more colorful, the better, and kids love to help themselves.

Information obtained from

[http://www.childdevelopmentinfo.com/health\\_safety/nutrition.shtml](http://www.childdevelopmentinfo.com/health_safety/nutrition.shtml)

Additional nutritional resources include –

National Institute of Health. A great resources for all things health related.

<http://www.nlm.nih.gov/medlineplus/childnutrition.html>

Nutrition for Kids. A site for parents and educators.

<http://nutritionforkids.com/>

If it is about nutrition and kids this site has info or a link. A treasure chest of info.

<http://pediatrics.about.com/od/nutrition/>