

# Start Smart Eating & Reading Breakfast Bites

TIPS AND IDEAS FOR BUSY FAMILIES

## NOTE TO PARENTS

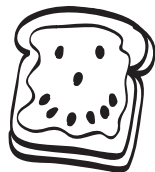
Your child is learning how breakfast can boost brainpower. Studies show that kids can think, pay attention and learn better when they eat a meal before school.

*Start Smart Eating & Reading* is a program that teaches your child the value of breakfast. Please take time to ask your child about breakfast. This newsletter has activities, games and recipes that you and your child can share.



## MORNING SMILES

An easy and fun way to start the day



### INGREDIENTS:

1. English muffins, bagels, toast or toaster waffles (try the whole grain varieties).
2. Peanut butter or reduced fat cream cheese
3. Some or all of the following toppings:
  - ⊙ Grated carrots
  - ⊙ Fresh fruit, such as banana slices, berries or orange slices
  - ⊙ Canned fruit, such as pineapple tidbits or applesauce
  - ⊙ Dried fruit, such as raisins or cranberry raisins

### DIRECTIONS:

1. Choose one of the bread choices and spread with peanut butter or cream cheese.
2. Add toppings to create a unique face or design.
3. Serve with a glass of low fat milk. Eat and enjoy!

## ~ Breakfast Facts ~

- ✦ Eating a morning meal improves math grades and reading scores.
- ✦ Kids who eat breakfast have a better diet. They eat more servings of grain, fruit and milk and get more nutrients during the day.

## Help your child start every day ready to learn:

- ⊙ Eat at home, eat at school or pack a banana and bagel to eat on the way. The important thing is to “Just eat breakfast!”
- ⊙ Set a good example by eating breakfast with your child. Parents benefit too when they eat in the morning.
- ⊙ If kids are not hungry right away, suggest they pack a breakfast or wait and eat at school.
- ⊙ Involve your child. Make breakfast fun by planning the menu with your child the night before. In the morning, work together to get breakfast on the table.
- ⊙ For busy mornings, stock easy-to-grab foods. Yogurt, string cheese, bananas, apples, 100% juice boxes, breakfast bars and whole wheat toaster waffles are a few healthy options.



## Reading about eating...check it out!

*Pancakes, Pancakes*, by Eric Carle (Aladdin Paperbacks, 1998). Available in most libraries, this delightful book describes in detail where the ingredients for pancakes come from. Jack wants a pancake so badly, he agrees to mill the wheat, milk the cow, gather the egg and much more!

# What's for Breakfast?

How many breakfast foods can you find in this puzzle?

(Hint: Any food can be a breakfast food!)

- ⊙ EGGS
- ⊙ ORANGE
- ⊙ PANCAKES
- ⊙ PIZZA
- ⊙ SOUP
- ⊙ TOAST
- ⊙ MILK
- ⊙ OATMEAL
- ⊙ BAGEL
- ⊙ BANANA
- ⊙ YOGURT
- ⊙ POTATOES

P	H	X	S	D	I	T	O	A	S	T	V	Q	T
J	P	L	S	O	R	A	N	G	E	E	G	F	K
S	O	X	W	Y	Z	R	X	B	A	N	A	N	A
Q	T	P	A	N	C	A	K	E	S	A	A	A	Q
S	A	O	Q	T	X	J	T	I	S	O	Y	U	I
Y	T	N	A	O	K	K	B	A	G	E	L	J	I
S	O	U	P	T	A	F	K	J	B	T	G	C	E
C	E	G	A	F	M	E	P	I	Z	Z	A	B	G
G	S	M	U	C	N	E	X	P	G	Q	U	E	G
A	H	N	I	R	H	D	A	V	T	W	X	Z	S
D	M	K	M	L	T	T	S	L	R	M	V	L	O
Z	G	O	J	F	K	V	S	I	J	J	Z	T	I



**Good Eating Tip:**  
Plan your menus with the help of MyPyramid. A balanced breakfast has healthy choices from a variety of food groups.

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area.

Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services