



YOUTH

HEALTH BULLETIN



MARCH 2017

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THIS MONTH'S TOPIC:

EATING A HEALTHY BREAKFAST



Have you ever heard someone say, "Breakfast is the most important meal of the day?" Wally Cat wants you to know about the importance of eating breakfast every day.

When you go to sleep, your body has to keep working — your heart still beats, your lungs still take in air and your brain keeps working away. In the morning when you wake up, your body is ready for more food! Breakfast is exactly that — a break from the fast that your body had through the night.

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Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you.

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Reasons not to skip breakfast

Did you know that when you skip breakfast you might have a hard time paying attention at school? It is very important to be able to listen to the teacher and follow directions. If an empty stomach distracts you, you may not be able to listen as well as when you have had breakfast. Also, children who eat breakfast have more energy to enjoy the activities at school. What is your favorite activity?

Foods to eat for breakfast

Not every breakfast food is made the same — some are better for you than others. In fact, doughnuts and pastries may seem like a good idea, but they are missing vitamins and minerals that are important to our bodies. Plus, those sorts of breakfast items are full of sugar and fat. Breakfast, just like other meals, should have many different kinds of foods: whole grain cereals, whole grain breads, low-fat or no-fat dairy products, eggs and nuts. Do not forget fruits and vegetables!

Skipping breakfast is never a good idea. Even if you are in a hurry, some yogurt, fruit and cereal are good items to take with you in the car.

Eating breakfast is a smart idea and can help you learn more and do better at school. Wally Cat wants to make sure that you remember to help yourself have a great start every day. Eat a healthy breakfast!



Circle the items that would be good breakfast choices:

- Whole grain waffles
- Vegetable omelet
- Glazed doughnut
- Low-fat yogurt and fresh fruit
- Granola bar and an apple
- Sugar sweetened cereal
- A breakfast smoothie (yogurt and frozen fruit)
- Peanut butter on a banana

SOURCE:

Nemours Kids Health <http://kidshealth.org/en/parents/breakfast.html>

Can you unscramble these words?

EKTRABAFS: _____

NGORLAA: _____

EAUTPN UTBTRE: _____

UGOYRT: _____

ANSWERS: Breakfast, granola, peanut butter, yogurt



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