

# Boost Your Brainpower With Breakfast!

Good nutrition begins with breakfast. Starting the day with breakfast at home or school fuels your brain for learning!



## What is a “balanced breakfast”?

A balanced breakfast will help you feel full until lunch. Eating foods from three or more food groups is a simple model to get the nutrients you need every day!

Eating breakfast gives you the energy to play and think.

A balanced breakfast has at least one food from each of the “3 out of 5” food groups:

- 1– Grains
- 2– Vegetables OR Fruits
- 3– Dairy OR Protein

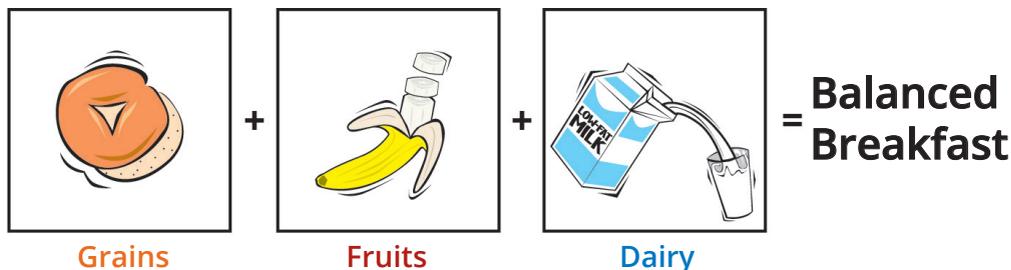
Take the time to eat a variety of foods to get the nutrients you need to be healthy.

## Which is your favorite easy breakfast idea?

- \* Oatmeal with milk and sliced apples
- \* Whole-wheat toast topped with peanut butter and sliced bananas
- \* Tortilla with cheese and tomato slices
- \* Small whole-wheat bagel, cottage cheese and peaches
- \* Whole-wheat crackers, string cheese and 100% apple juice box

Add milk for an easy way to get “3 out of 5.”

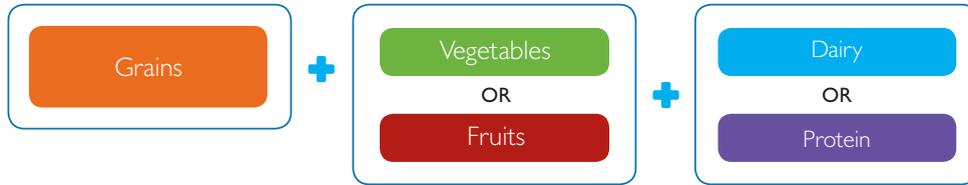
## Use the “3 out of 5” model to eat a healthy, balanced breakfast every day.



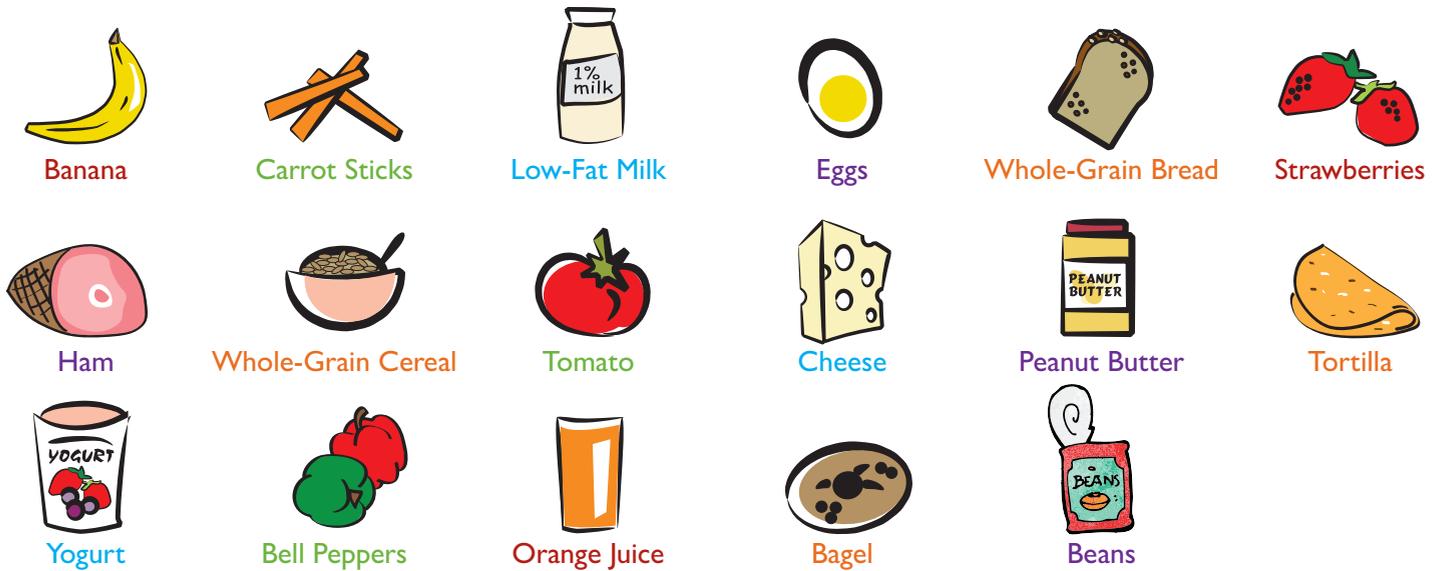
# Can You Build a Balanced Breakfast?

## “3 out of 5” Model

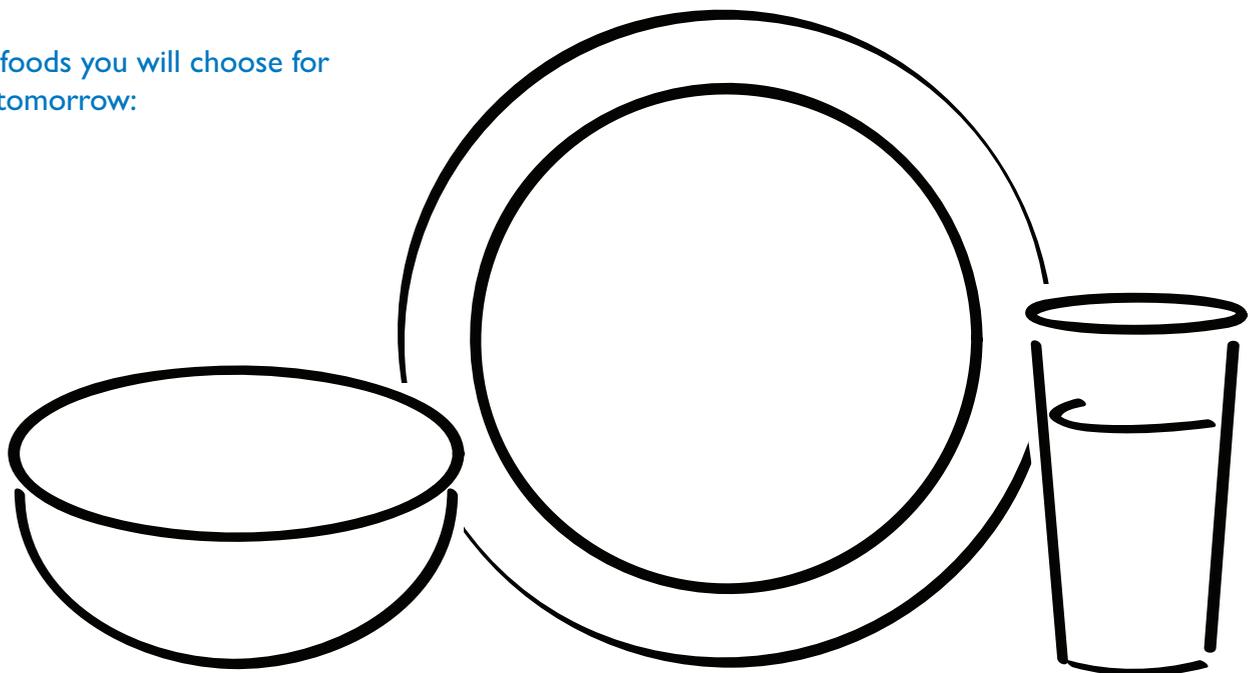
For a balanced breakfast, choose at least one food from each of the following food groups.



1. Circle foods from at least “3 out of 5” food groups that you would like for breakfast.



2. Draw the foods you will choose for breakfast tomorrow:



# Educator's Guide

## Boost Brainpower With Breakfast

When the *Boost Brainpower* activity is implemented as intended, children and families become aware of healthy eating patterns and ways to make healthy food choices. Use the discussion points in this educator's guide and the activity to foster skill building in food decisions.

### Share the importance of eating breakfast.

- **Start the Day With Breakfast:** Starting the day with breakfast is a healthy habit associated with better health, diet quality, and academic benefits.
- **Healthy Choices:** Having breakfast at home or at school fuels you for learning.
- **Food Group Foods:** Think about the foods you like from each food group. Eating foods from 3 or more out of 5 food groups at breakfast is a simple way to get the nutrients you need every day!
- **Nutrient Power:** A balanced breakfast that includes protein, fiber, and fat keeps you feeling full through lunch.
- **Empower:** A healthy breakfast doesn't have to be time-consuming or fancy. Choosing a glass of milk, a whole-grain cereal bar, and a piece of fruit is a simple and healthy breakfast.
- **Healthy Habits:** Students who skip breakfast tend to have decreased cognitive performance and lower intakes of fiber, folate, iron, and calcium.

### Help children build a balanced breakfast.

- **Understand:** You and your family can benefit from starting the day with breakfast, especially one that combines 3 or more food groups. Can you think of a simple breakfast idea using 3 different food groups?
- **Empower:** Draw the foods you like from the food groups to make a healthy breakfast. Talk to a family member who does the shopping and share the foods you chose from each food group.
- **Access to Breakfast:** Many school cafeterias offer a healthy, convenient, and affordable breakfast option for students. Ask in the school office for more information.

After completing this activity, children build confidence in planning a healthy breakfast for themselves. Reinforce the importance of healthy eating patterns for optimal health.

For more information on Dairy Council of California programs,  
call 877.324.7901 or visit [HealthyEating.org](http://HealthyEating.org).

