

# A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## Rise and Shine, it's Breakfast Time

This month, students are learning the importance of eating a healthy breakfast through a monthly campaign called Rise and Shine, It's Breakfast Time! Here is a summary of the learnings and how you can support your child's health.

### What's the big deal about a healthy breakfast?

- Children who eat breakfast are more likely to attend class and attend it on time.<sup>1</sup>
- Breakfast can improve a child's memory and academic achievement.<sup>1</sup>
- A healthy breakfast is linked to higher intakes of key nutrients including calcium, vitamin D, potassium, and fibre.<sup>3</sup>
- A healthy breakfast provides the essential energy they need to play and work at school.

### What does a healthy breakfast look like?

- It should include vegetables or fruit, whole grains, and protein as per **Canada's Food Guide**.<sup>2</sup>
- It should be low in fat and sugar content, and high in fibre. You can find many breakfast cereals, bars, and toaster items that fit this criteria, but check the nutrition labels and compare options to be sure.<sup>1</sup>

### So many easy options!

- Whole grain waffle/pancake topped with fruit and yogurt<sup>1</sup>
- Oatmeal muffin, yogurt, and apple slices<sup>1</sup>
- Whole-wheat crackers, cheese, and a piece of fruit and a glass of water<sup>1</sup>
- Whole grain tortilla with scrambled eggs, salsa, and cheese<sup>1</sup>
- Whole grain cereal bar and a fruit smoothie<sup>1</sup>
- Unsalted nuts, fruit and 1 cup of milk<sup>1</sup>
- Whole grain hot or cold cereal with fruit and 1 cup milk<sup>1</sup>



#### References:

<sup>1</sup> Adapted from: Alberta Health Services, 'Wake Up to Breakfast'

<sup>2</sup> <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

<sup>3</sup> [https://www.dietitians.ca/Downloads/Public/Fact\\_Sheet\\_1\\_NM\\_2015\\_ENG\\_COL.aspx](https://www.dietitians.ca/Downloads/Public/Fact_Sheet_1_NM_2015_ENG_COL.aspx)