

# Home Heroes Checklist

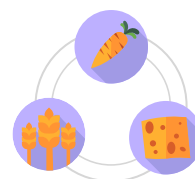
## Healthy Eating

Kids who fuel up with a breakfast high in protein and complex carbs enjoy physical and mental benefits throughout the day. Complete this Home Heroes Checklist to ensure your child gets a healthy start every morning.



Help your child read the **What's for Breakfast** fact sheet. Then, have fun putting your breakfast faces on with our 'make a mask' activity.

A balanced breakfast includes **(1) wholegrains**, **(2) protein** (in the form of dairy products and/or nuts, beans and pulses) and **(3) vegetables or fruits**. Serve at least one portion of each. Include a **healthy drink** like milk or water.



Prepare breakfast the night before. Cut up fruit and store in an airtight container. Freeze pancake portions. Drop into your toaster for 30-60secs in the morning. Store premade breakfasts lower down in the fridge so kids can help themselves.

Check the availability of **school breakfasts**. Some schools host a **morning breakfast club**. It's a great option for busy families who need help maintaining a healthy breakfast routine.



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# WHAT'S FOR BREAKFAST?

## 6 RAD REASONS TO EAT BREAKFAST

1

IMPROVES  
CONCENTRATION  
& MEMORY RECALL

2

RECHARGES YOUR  
BODY AFTER A  
LONG SLEEP

3

HELPS YOU FEEL HAPPIER  
IN THE MORNING

4

CONTROLS APPETITE  
& AFTERNOON  
SNACKING

5

PROVIDES ESSENTIAL  
ENERGY, FIBRE &  
NUTRIENTS

6

LOWER RISK OF  
OBESITY & OTHER  
HEALTH PROBLEMS



### TRY THESE **BRILL** BREAKFAST IDEAS

BAKED BEANS & TOMATO  
SLICES ON BROWN TOAST

PLAIN PORRIDGE WITH MILK &  
MASHED UP STRAWBERRIES

SHREDDED WHEAT IN PLAIN  
YOGHURT WITH BLUEBERRIES

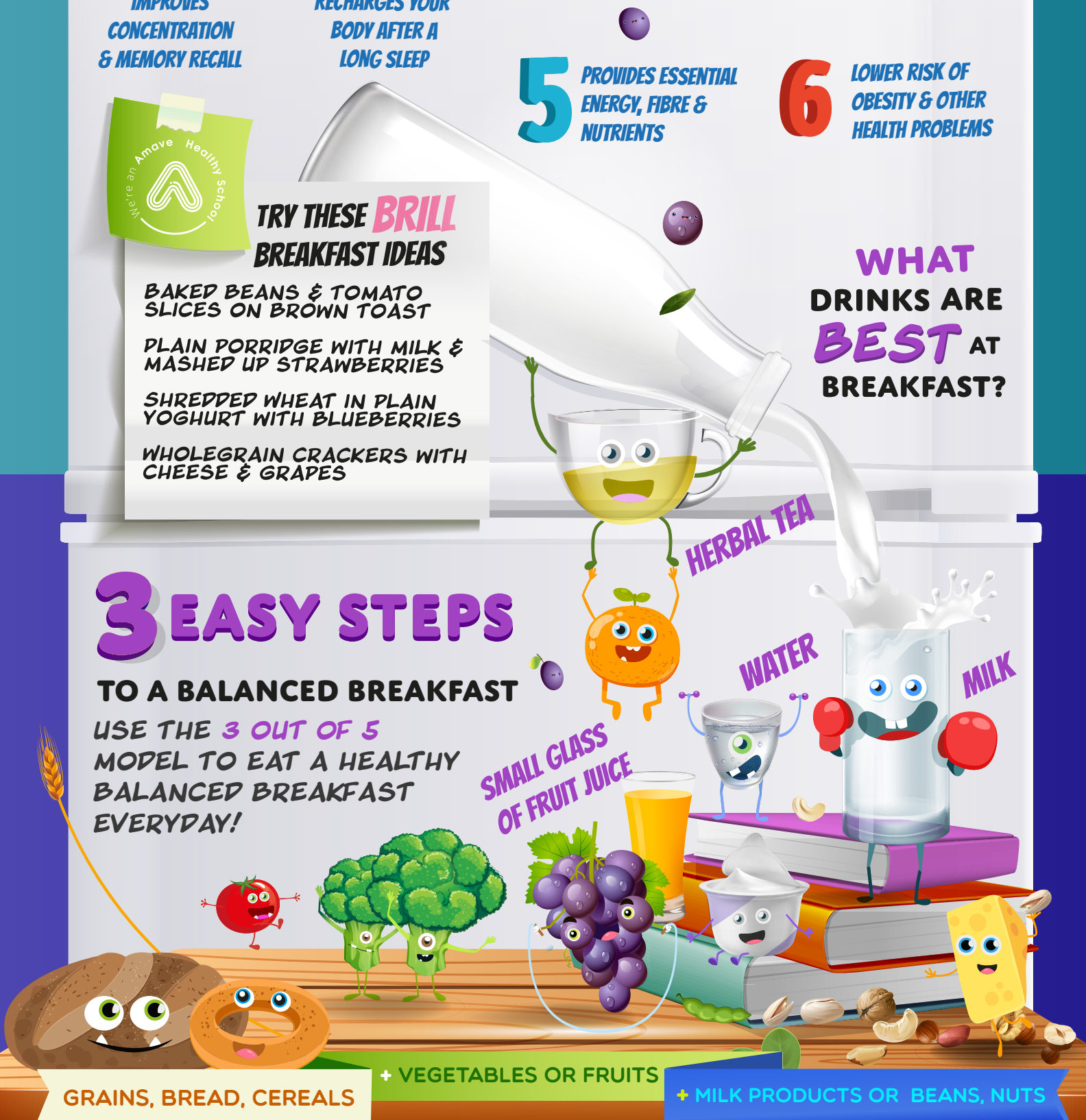
WHOLEGRAIN CRACKERS WITH  
CHEESE & GRAPES

### WHAT DRINKS ARE **BEST** AT BREAKFAST?

## 3 EASY STEPS

### TO A BALANCED BREAKFAST

USE THE **3 OUT OF 5**  
MODEL TO EAT A HEALTHY  
BALANCED BREAKFAST  
EVERYDAY!



GRAINS, BREAD, CEREALS

+ VEGETABLES OR FRUITS

+ MILK PRODUCTS OR BEANS, NUTS

FOLLOW THIS EQUATION AND CHOOSE ONE FOOD FROM EACH

# PUT YOUR BREAKFAST FACE ON

## INSTRUCTIONS

1 USE THE DOTTED LINE TO CUT OUT YOUR FACE TEMPLATE. (YOU MAY NEED TO ASK AN ADULT FOR HELP).

2 ON ONE SIDE, DRAW A FACE THAT SHOWS HOW YOU MIGHT FEEL **BEFORE** EATING BREAKFAST.

3 ON THE OTHER SIDE, DRAW A FACE THAT SHOWS HOW YOU MIGHT FEEL **AFTER** EATING BREAKFAST.

4 GLUE A LOLLY STICK TO THE BOTTOM OF YOUR FACE TO TURN IT INTO A DOUBLE SIDED MASK!

## EXAMPLES



DISTRACTED



SLEEPY



ANGRY



ENERGETIC



CHEERFUL



CLEVER