



Breakfast GO Power

Help Kids Fix Their Own Breakfast

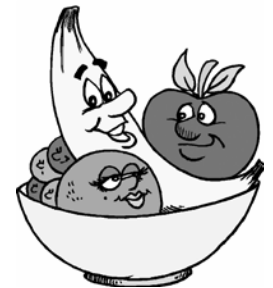
Give your child the skills to make a simple breakfast and start the day off with healthy eating.

Talk about healthy balance with breakfast food choices, keeping MyPlate food groups in mind (www.choosemyplate.gov):

- Brainstorm favorite breakfast foods with your child and plan sample meals.
- Encourage including 3 or more of the food groups at breakfast. For example the menu of cereal, low-fat milk and 100% juice, offers selections from the Grain, Milk and Fruit food groups.

Teach your child the “tools” to be safe and confident in the kitchen:

- Review safety issues-
 - Cutting with knives.
 - Use of kitchen appliances (stovetop, microwave, toaster oven, blender).
- Remind him/her where the silverware, plates, bowls, pans and utensils are kept.
- Discuss where cereals, baking mixes, frozen prepared foods and such are located.



Depending on age and cooking skills, try these breakfast ideas:

- Prepackaged waffle toasted and spread with peanut butter. Include a glass of 100% juice.
- Breakfast Smoothie: Blend fruited low-fat yogurt, orange juice, and a banana for a fruity delight. Include a bagel to eat.
- Have your child write breakfast ideas in a notebook or hang a list on the refrigerator for easy reference.
- Plan ahead foods that can be frozen and re-heated in the microwave like whole-grain pancakes, waffles, quick breads and muffins.

The day before your child “goes solo” have him or her:

- Have a meal plan in mind.
- Plan to get up 5-10 minutes earlier to allow plenty of time for breakfast preparation, eating and cleanup.

Getting your child to prepare his/her own breakfast can encourage a new interest in food and possibly lead to healthier habits!

