

# Silverstream Primary School



## Passport to Breakfast

Name: \_\_\_\_\_

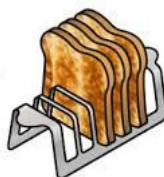
Age: \_\_\_\_\_

# Do you eat breakfast?

Yes

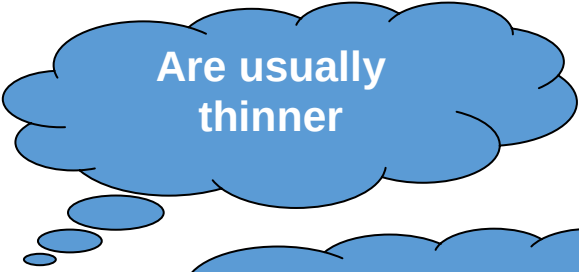
No

## Circle the foods you eat for breakfast?

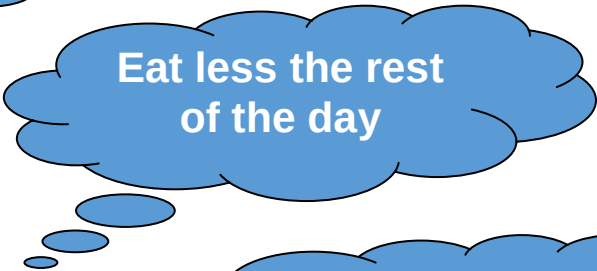


# Breakfast Facts

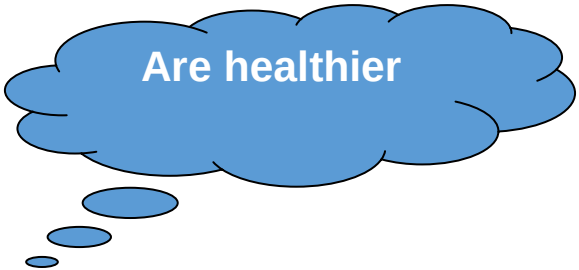
**People who have a healthy breakfast every day....**



**Are usually thinner**



**Eat less the rest of the day**

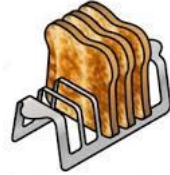


**Are healthier**

**Would you like to have a healthy breakfast everyday?**



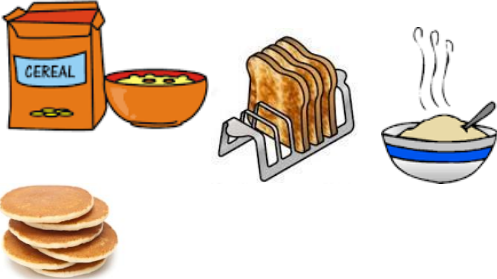
Circle the healthy foods for breakfast?



Breakfast Time



**For a healthy breakfast choose one food from each of the following groups:-**

|                                                         |                                                                                    |
|---------------------------------------------------------|------------------------------------------------------------------------------------|
| <b><u>Group 1</u></b><br><br><b>Cereal or Bread</b>     |   |
| <b><u>Group 2</u></b><br><br><b>Milk or dairy foods</b> |   |
| <b><u>Group 3</u></b><br><br><b>Fruit or vegetables</b> |  |

**Did you choose a healthy breakfast?**



# Did you know....?

Healthy kids should:-

Eat more fruit and vegetables everyday

Spend less time in front of a screen

Be more active

Drink less sugary drinks



**5** Eat at least five servings of vegetables and fruits per day



**2** Spend no more than 2 hours a day in front of a screen



**1** Get at least one hour of physical activity every day



**ALMOST NONE**  
Drink almost no sugary beverages

**Thank-you for joining our Healthy  
Breakfast morning.....**

