HEARTY LIVES Carrickfergus

British Heart Foundation NORTHERN IRELAND

Silverstream Primary School

For Healthy Kids

Passport to Breakfast

Name: _____

Age: _____

Breakfast Quiz

Do you eat breakfast everyday?

Breakfast means “breaking the fast”?

A cereal bar is a healthy breakfast?

Is breakfast important?

Are all breakfast cereals healthy?

Eating breakfast helps you with school work?

Breakfast Facts

People who have a healthy breakfast every day….

Are usually thinner

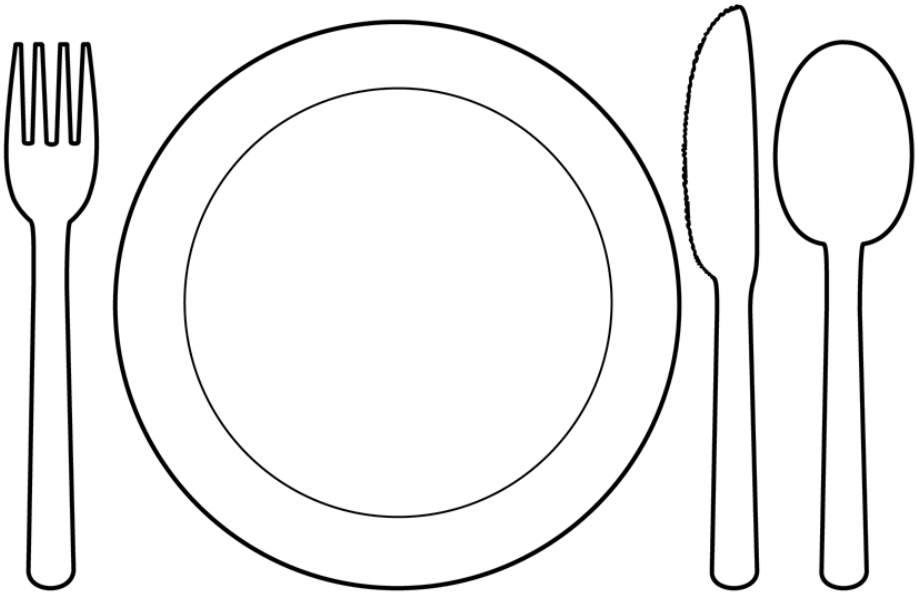
Eat less the rest of the day

Are healthier

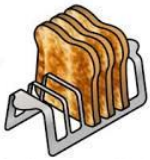
Would you like to have a healthy breakfast everyday?

Healthy Breakfast

Write the 3 healthy breakfast food groups on the plate:

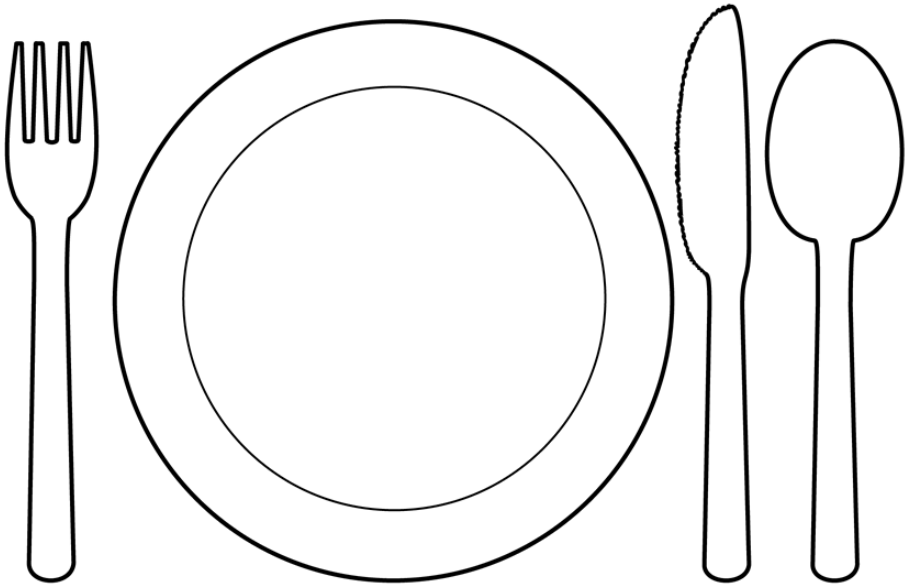


Circle the <u>healthy</u> foods for breakfast?



Breakfast Time

What did you choose for breakfast?



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

Thank-you for joining our Healthy Breakfast morning……

CR/Jan2016