

A Bite of Health



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

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.¹
- Breakfast can improve a child's memory and academic achievement.¹
- A healthy breakfast is linked to higher intakes of key nutrients including calcium, vitamin D, potassium, and fibre.³
- 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 at least 3 of the 4 food groups from **Canada's Food Guide**.²
- It should be low in fat and sugar content, and high in fibre. You can find many breakfast cereals, bars, and toaster items fit this criteria, but check the nutrition labels and compare options to be sure.¹

So many easy options!

- Whole grain waffle/pancake topped with fruit and yogurt¹
- Oatmeal muffin, yogurt, and apple slices¹
- Whole wheat crackers, cheese, and ½ cup of 100% fruit juice¹
- Whole grain tortilla with scrambled eggs, salsa, and cheese¹
- Whole grain cereal bar and a fruit smoothie¹
- Unsalted nuts, fruit and 1 cup of milk¹
- Whole grain hot or cold cereal with fruit and 1 cup milk¹



¹ Adapted from: Alberta Health Services, 'Wake Up to Breakfast'

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

³ https://www.dietitians.ca/Downloads/Public/Fact_Sheet_1_NM_2015_ENG_COL.aspx



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