



Offer a healthy breakfast every day  
that includes wholegrain foods, a  
drink and at least one portion of 5  
**A DAY!**

### Why is it important for children to have breakfast?

- ◆ Breakfast helps to get the day off to a good start by providing energy for the day ahead!
- ◆ It provides nutrients the body needs for good health such as starchy carbohydrates, fibre, B vitamins, calcium and iron.
- ◆ Breakfast is a great opportunity to have at least one portion of 5 A DAY.

### Have breakfast activities for children

- ◆ Use the **Tasty toast** session notes and resources to get children involved in breakfast activities. Go to: <https://bit.ly/2ONZ7K1>
- ◆ Challenge the children to have breakfast every day. Enlarge a copy of the **Have breakfast toast tracker**. Ensure you have coloured dot stickers. When a child eats breakfast at nursery, they can add a dot to the toast. At the end of the week, count the number of breakfasts eaten by the children.
- ◆ Take home activity: give parents a copy of the **Have breakfast take home activity**. Parents/carers can keep track with their child of their breakfast for that week.

### Breakfast at your nursery

- ◆ Are your cereals lower in salt and sugars?
- ◆ Do you offer fruit (e.g. sliced banana on cereal) or vegetables (e.g. mushrooms on toast) at breakfast?
- ◆ Do you offer an unsweetened drink with breakfast (e.g. water or milk)?
- ◆ Do you offer wholegrain foods (e.g. wholegrain cereals, porridge and toast)?
- ◆ Do you sometimes offer dairy food such as yogurt or cheese?
- ◆ Do you sometimes offer a source of protein such as eggs or beans?

### To find out more about healthy breakfasts for children

- ◆ Information from BNF on nutrition for toddlers: <https://bit.ly/2qeFZqB>
- ◆ Information from NHS on child nutrition: <https://bit.ly/2ZNi2d8>