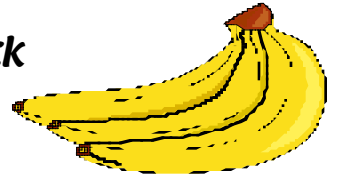


The Importance of a Good Breakfast and Healthy Snack



Dear Parents:

Your child needs to be alert all morning during school or his performance will suffer. One way to achieve this is to see to it that he/she gets a good breakfast in the morning before he/she is sent out the door. Providing your child with a steady routine is helpful and important. When a child is rested and fed, he/she is ready to get involved in daily activities. Proper food is necessary for good health. Food provides the nourishment a body needs in order to grow.

If your child ever tells you that he/she is draggy during the late morning, it may just be that he/she needs a bigger breakfast.

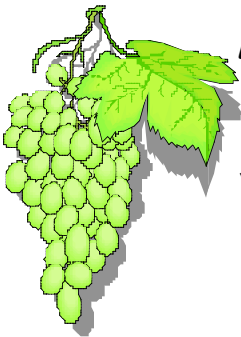
Please see that your child always gets a good, nourishing breakfast. Examples of healthy breakfast foods are listed below.



***Carbohydrates give energy:
fruits, breads, rolls***



***Proteins are building blocks for the body:
milk, cheese eggs, meat***



***Minerals help form bones and teeth:
milk, dried fruits***

***Vitamins help make you grow:
milk, fruit juices, breakfast cereals, bread***

