

## February's Nutritious Breakfast Challenge

*A Nutritious Breakfast Strengthens our Minds and Bodies*

In the morning, your body needs to refuel for the day after going without food for 8 to 12 hours during sleep. Skipping breakfast can make you feel tired, restless, or irritable.

### Why else is breakfast so important?

- Increases concentration
- Boosts brain power and achievement scores, especially in young children
- Helps maintain a healthy weight. Children who skipped breakfast in the morning were more likely to overeat and have a lower overall diet quality than children who ate breakfast every day.

**Carbohydrates** (whole grains) – body's main source of energy

**Protein** – helps build and repair muscles

**Fruit** – provides vitamins and minerals to help your body function properly and can help prevent certain diseases and health conditions.

**Directions:** For a complete, nutritious breakfast, choose one item from each row (**1 carbohydrate + 1 protein + 1 fruit**).

Carbohydrates (C) (Whole Grains)	Protein (P)	Fruit (F)
Cereal	Eggs	Banana
Toast	Lean Bacon	Fruit Smoothie
Oatmeal	Yogurt	Apple Slices
Pancakes	Milk	Apple Sauce
Waffles	Turkey Sausage	Blueberries
English Muffin	Cottage Cheese	Strawberries
Bagel	String Cheese	Peach
Tortilla	Peanut Butter	Pineapple
Rice Cakes	Sun Butter	Grapes
Bran Muffin	Almond Butter	Clementine
French Toast	Nuts	Kiwi
Grits	Beans	Cantaloupe
Fruits and Vegetables	Turkey Bacon	Honeydew Melon
Other	Other	Other

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**Directions:** For a complete, nutritious breakfast, choose one item from each row (**1 carbohydrate + 1 protein + 1 fruit**).

List your three items on your calendar each day you eat a complete breakfast. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to your PE teacher for an award certificate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				C: P: F:	C: P: F:	C: P: F:
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:	C: P: F:
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
C: P: F:	C: P: F:	C: P: F:	C: P: F:			

Total Days Completed: \_\_\_\_\_ Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



