

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Skipping breakfast reduces the ability to think clearly and focus well. Breakfast is a very important meal because it breaks the overnight fasting period and provides essential nutrients to keep energy levels up throughout the day. Skipping breakfast leads to:

- Decreased energy levels
- Poorer concentration
- Increases the likelihood of children wanting high energy snack foods mid morning.

A nutritious breakfast does not have to take a long time to prepare or eat. Aim for breakfast to include fruit or vegetables, a low fat dairy product or other protein-rich food such as egg or baked beans and wholegrain bread or a high fibre breakfast cereal.

Kick start the day with some of these nourishing breakfast ideas:

- Natural muesli with tinned berries and yoghurt
- Baked beans with grated cheese and mushrooms on toasted wholegrain English muffins
- Boiled egg with wholegrain toast cut into fingers with sliced melon on the side
- Toasted bagel with avocado, tomato and grated cheese
- Raisin toast with light scraping of margarine and 100% fruit spread with a tub of reduced fat yoghurt on the side
- Omelette with tomato, baby spinach and cheese served with a slice of wholegrain bread
- Breakfast in a glass – ½ cup yoghurt, 1 cup low fat milk, chopped mango and 2 tbsp wheatgerm or oatbran – blended into a smoothie
- Small banana, mashed with pinch of cinnamon and a dash of lemon juice, on a slice of toast warmed under the grill. Serve with a glass of low fat milk
- Small bowl of fruit salad with yoghurt with a sprinkle of cereal or 1 slice of toast with avocado
- Sliced tomato and grilled cheese on wholegrain toast
- Wholegrain cereal with low fat milk and chopped strawberries
- Scrambled eggs on wholegrain toast with sliced tomato on the side

