

# HEALTHY LIVING

## DID YOU KNOW ????????

The Scott School System has Universal Breakfast. Which means every child "EATS BREAKFAST FREE"

### Benefits of Breakfast for Children

There are many benefits of breakfast for children. Breakfast provides children with the energy and essential nutrients they need to concentrate on school work and learn. Studies show that breakfast provides as much as 25 percent of the recommended daily allowance for key nutrients, such as calcium, protein, vitamins A and B6, magnesium, iron and zinc.

### More Benefits of Breakfast

Research shows that children who eat breakfast have higher achievement scores, lower rates of absence and tardiness, and increased concentration in the classroom. Adults who eat breakfast regularly tend to eat fewer calories, less saturated fat and cholesterol and have better overall nutritional status than breakfast skippers.

Another important benefit of breakfast for children is that establishing the healthy habit of eating breakfast early in life could stave off many adulthood health problems associated with poor diet, such as diabetes and obesity.

### What Counts as Breakfast

Breakfasts that include foods from several food groups provide the most benefit to children, both educationally and physically. Ideally, you want to make a balanced breakfast that consists of protein, fat and carbohydrate. That will prevent drops in blood sugar for several hours, whereas a breakfast of just carbohydrate will sustain a child for only one to two hours.

A drop in blood sugar can mean a decline in energy level and the onset of hunger symptoms like a stomachache or headache, which interfere with learning. Balanced meals offering foods from several food groups (containing carbohydrate, protein and fat) are designed to sustain children's energy throughout the morning.

If breakfast is rushed in the morning, eating something is still better than eating nothing. So, if you are getting your child to eat a banana or piece of string cheese on the way to school, that's better than them starting the day on an empty stomach.

### Fast Breakfast Ideas

Simple breakfasts that can be prepared quickly and easily include:

- Juice and cereal with milk
- Toast with peanut butter and a piece of fruit
- A fruit smoothie made with yogurt
- A hard-cooked egg and a bagel
- A cereal bar or a piece of fresh fruit and string cheese are great portable breakfasts

### Healthy Habits Start Early

Your kids look up to you. If mom and dad don't have to eat breakfast -- why should they? By eating breakfast everyday, you are teaching your children that it is important to eat breakfast. Establishing this habit early ensures that they will have healthy eating habits when they grow up.



6PointsPlus Value  
Prep time: 12 min  
Cook time: 13 min  
Serves: 4

#### Ingredients

- 4 cup(s) water
- 1 Tbsp vinegar
- 4 large egg(s)
- 2 tsp olive oil
- 29 oz drained canned whole new potatoes, diced
- 1/2 cup(s) fat free salsa
- 1/2 cup(s) low-fat shredded Cheddar cheese

#### Instructions

Preheat broiler.

In a large saucepan over high heat, bring water to a boil. Add vinegar and reduce heat to medium.

Carefully crack eggs into 4 separate small-size bowls (yolks should remain intact). Add eggs to saucepan one at a time, and simmer until egg white is cooked and yolk starts to solidify, about 2 minutes. Remove poached eggs with a slotted spoon; set aside.

Heat oil in a large oven-proof skillet over medium-high heat. Add potatoes and sauté until golden brown, stirring frequently, about 3 to 5 minutes. Add salsa and cook to heat through, about 1 minute. Top potatoes with poached eggs and sprinkle with cheese.

Place pan under broiler and broil until cheese melts, about 1 minute. Serve hot. Yields about 2/3 cup potato hash and 1 egg per serving.

### DATES TO REMEMBER

- September 3<sup>rd</sup> - Labor Day – No School
- September 18<sup>th</sup> - HES Health Screen
- September 19<sup>th</sup> - HMS Health Screen
- September 25<sup>th</sup> - BES Health Screen

