

SEPTEMBER

MONTHLY ANNOUNCEMENT RESOURCE GRADES 6–12

READY, SET, BREAKFAST!

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



Announcement #1:

Did you know that since we don't eat when we are sleeping our bodies are fasting all night long? We are ready to get fueled up in the morning with a healthy breakfast. The food we eat in the morning will give us the energy we need to get through our action-packed days. What are your favourite breakfast foods to start your day with?



Announcement #2:

Did you know that thinking and learning in school requires a lot of energy? One of the best ways to fuel your body with the energy it needs is to start your day with a healthy breakfast. It's a proven fact that breakfast helps you concentrate and focus in class. As you've heard many times before—and will likely hear again—breakfast is the most important meal of the day!



Announcement #3:

Did you know that one of the best ways to start your day is with a healthy "Rise and Shine Breakfast"? This includes filling your plate or bowl with vegetables or fruit, whole grains, and protein in your morning meal. A variety of healthy breakfast foods is the perfect fuel to get you going for the day!



Announcement #4:

Did you know that a quick and easy breakfast is cereal? But remember some cereals are healthier than others. Check out the nutrition label to compare cereals. Remember to choose a cereal lower in fat and sugar and higher in fiber! Plus, if you add milk and fresh berries to your morning bowl of cereal, you are creating a healthier breakfast. What is your favourite fruit to add to your cereal?



Announcement #5:

Did you know that eggs are a great way to start your day? They can be scrambled, boiled or poached, and they cook quickly too. If you feel rushed in the morning and don't feel like you have time to sit down and eat, try scrambled eggs in a soft tortilla shell for a grab and go breakfast burrito. Add cheese and veggies for more variety and flavours!



Announcement #6:

Did you know that people who eat breakfast have more energy, focus and concentration in school? Plus, they are more likely to get better marks. Make sure you start your day with a healthy breakfast so that you can do your best work during the school day. Remember to check out your school's breakfast program!

Healthy Learner Team
ASD-W

