

# Healthy breakfasts



While most children and teenagers in Western Australia eat breakfast every day, 1 in 7 school kids\* are regularly missing out.

## Benefits of breakfast

- Fuels muscles
- Powers the brain for concentration
- Provides nutrients for growth and development
- Increased energy and motivation
- Builds good habits



## Healthy breakfast ideas



Eggs on wholegrain toast



Fruit and yoghurt



Fruit toast



Wholegrain toast with baked beans



Porridge or Weet-Bix with milk and fruit



Mushroom and spinach omelette

Smoothies are a great choice when you are on the run. Just blitz some fruit, yoghurt and milk in a blender, pour into a reusable travel cup, rinse out the blender, and you are ready to go! A jug of this will keep in the fridge for several days.

\*Australian Bureau of Statistics, CensusAtSchool, 2013. [www.abs.gov.au](http://www.abs.gov.au)