



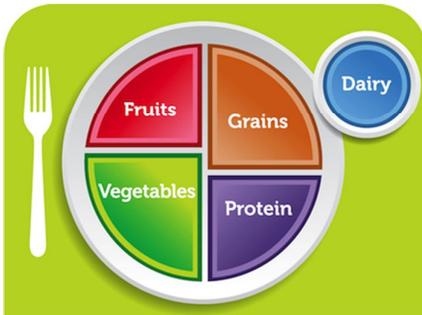
Did you know?



1. Make it into a family routine – just 10 minutes at the table with you too makes breakfast a really good way to plan the day ahead and say hello. Whatever your morning routine, remember that breakfast is an important meal for the family, and doesn't have to be time consuming!
2. Choose a filling breakfast – porridge, or protein such as peanut butter or cheese on toast. Wholemeal toast keeps your child fuller for longer as well.
3. Don't over sugar – that sugar rush is not going to do your child any good in school! Use honey instead of sugar and put fruit on the table as a cereal or toast topping – sliced banana or raisins or blueberries are wonderful for a fast and filling breakfast.
4. Keep it simple – toast with a banana or a bowl of instant porridge is great if you have to get moving!

The Healthy Balanced Plate

What your child needs in each meal...



Top 5 Ways to Get Them Eating More Fruit

- Keep a fruit bowl in the house and tell them they can dip into it any time.
- Cut up banana into cereals or yogurts for breakfast.
- This summer make your own ice lollies, with fruit juice and cut up fresh fruits, just put in the freezer to prepare.
- Make colourful smoothies with yogurt, fresh fruits and fruit juices.
- Put grapes in the fridge to freeze for fun, cooling summer snacks!



A Healthy Breakfast for School

Some great easy breakfast food to fuel your child for the day!

Cereal – go for wholegrain cereals like Weetabix or Bran flakes and throw in some raisins or banana slices to sweeten.

Bagel or Toast – spread with peanut butter or margarine and a glass of orange juice to wash it down.

Yogurt – you can mix fruit or cereals with yogurt for a balanced nutritional breakfast; try oats, yogurt and berries.

Hot Breakfast – warm up some baked beans and serve with wholemeal toast.

Protein – eggs; scrambled or boiled with toast makes a healthy treat once a week.

From the Best Start to the Best Success



Eating a healthy breakfast

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Your child gets the right fuel for learning.

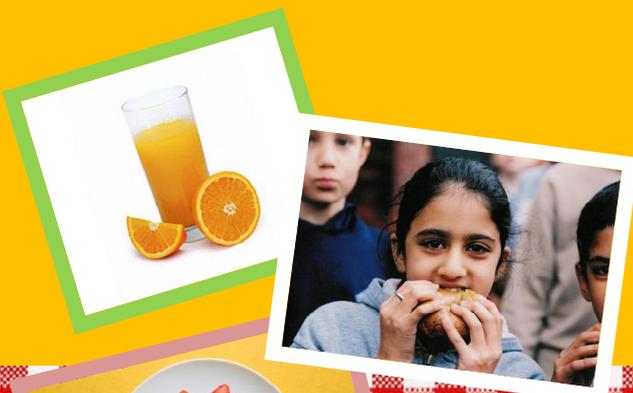
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Your child makes the most out of their school day - improved concentration and behaviour.

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Your child is in the right position to do well at school and in their exams.

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Your child grows up with a healthy attitude to eating.

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Your child is in the right position to go on to achieve what they want from their life.



Getting the Best Start for Your Child



At **Magic Breakfast** we know what every parent wants is the best for their child. We also know that every day your child spends at school is precious and equips them with the skills they need to achieve the career and life they want. That's why we work tirelessly to make sure every child is able to get the most out of their education by promoting and providing breakfast clubs that ensure all children start their day with a healthy breakfast and the right fuel for learning.

The Life-shaping Benefits of Breakfast

Breakfast literally means 'breaking the fast' that your body is in from a long night of sleep. Our bodies, and importantly our brains, need food to refuel with energy so they can function at their best and for your child that means enabling them to get the most out of their education!

Those who eat breakfast are significantly less likely to become obese and have health complications like diabetes or high cholesterol.

Giving Your Child a Healthy Breakfast

If you find it hard to feed your child at home, whether that's due to lack of time or fussy eating or whatever *we are here to help you help your child*. We have countless stories of mothers who couldn't get their children to sit down and eat breakfast at home but after taking them to Magic Breakfast Club the child is the one persuading the parents to eat breakfast!



Breakfast clubs are known to improve; children's attendance, punctuality, concentration and behaviour.

Children get a cheap/free healthy breakfast, time to socialise with children of different ages, time to settle before school, time to have fun and play games, get homework done and spend extra time with teachers.



Mum and dad get more time for themselves, with the little ones or to get to work, in the knowledge that their children are safe and healthy.



So go on... give your child the best start, **give them a healthy breakfast** or just try getting them to breakfast club and we promise you'll both experience the advantages!

