

Healthy Breakfast Fiesta

Šiauliai Centro Primary School
2014



This project has been funded with the support from NordPlus programme

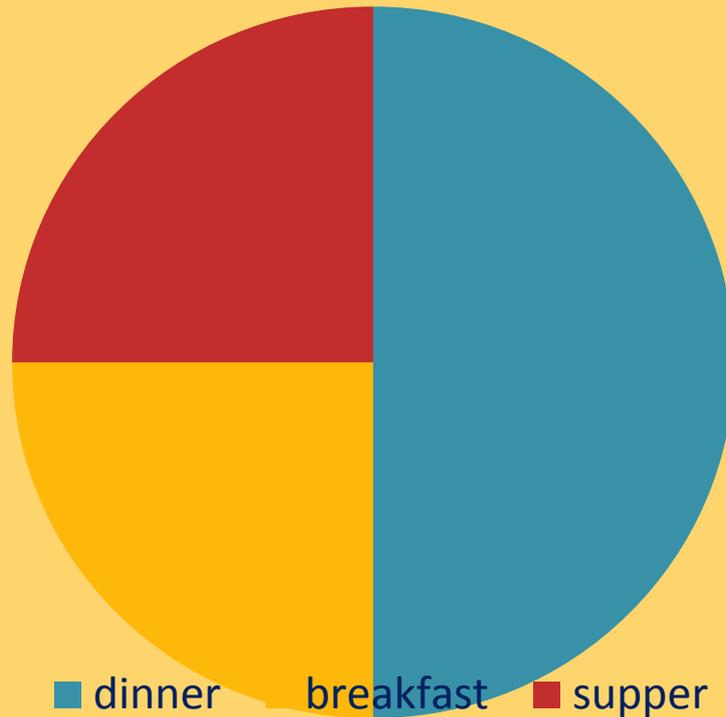
Morning meeting talk

- Why you should eat breakfast
- What do you usually eat for breakfast
- The best foods to eat for breakfast
- Breakfast table setting and eating together

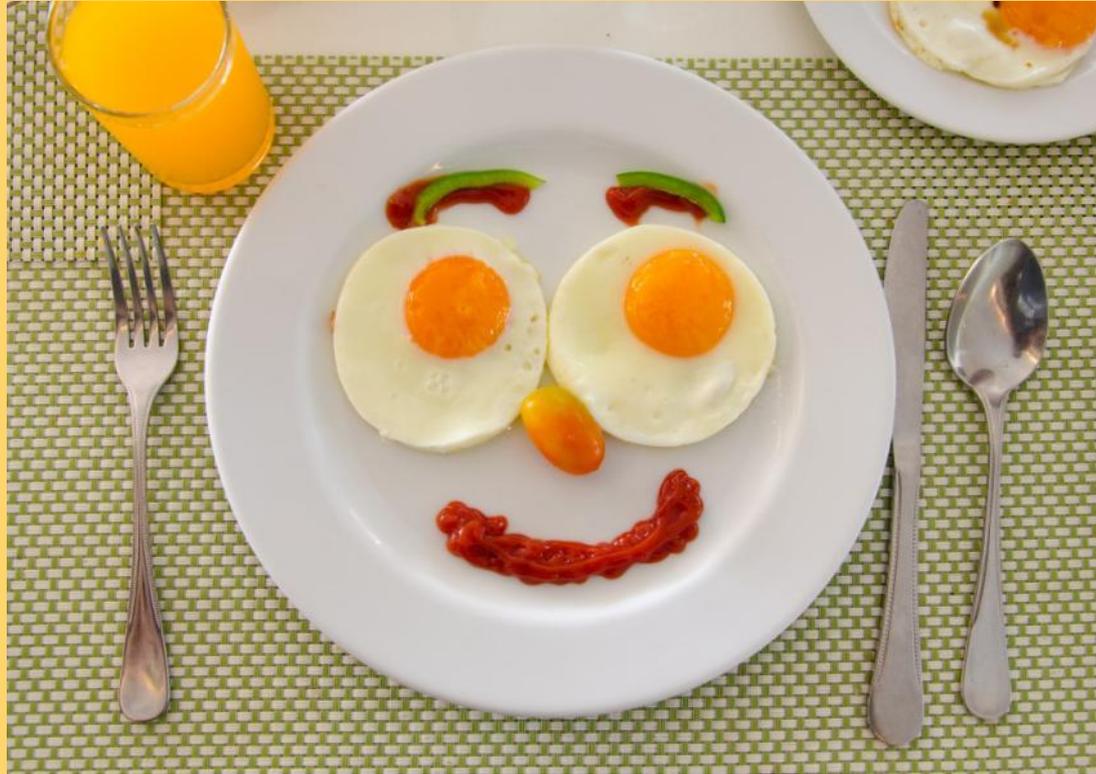
Benefits of Breakfast

- When you wake up in the morning, your body has undergone a long fast. Eating breakfast provides children of all ages with the energy they need to start their day, as well as important vitamins and minerals needed to help with growth and development.
- Plus, children who eat a healthy breakfast tend to have better concentration and are more prepared to learn.
- Studies show that breakfast can be important in maintaining a healthy body weight.

Breakfast should provide about one-fourth of your daily recommended intake of calories, vitamins, and minerals. For children, this means about 300–600 calories should be consumed at breakfast .



What do you usually eat for breakfast?



For Non-Breakfast Eaters...

- Breakfast is the most important meal of the day. No doubt about it. Studies show that people who successfully lose weight and keep it off are almost always breakfast eaters. The bottom line is that even if you don't feel hungry, or don't like to eat in the morning, or don't have time, you should still eat something.
- Try getting up an hour before you eat and do some exercise to increase your morning appetite.
- Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.
- Plan ahead to eat breakfast. This means you should talk to your parents and decide what you are going to eat for breakfast before the next morning.
- Be creative setting the food.

Healthy breakfast ideas



Healthy breakfast ideas



Breakfast setting and eating together









ZODINIŲ UŽDAVIŠIŲ SAUKOJAS
—
MAŽIAU
PIGIAU
TRUMPESNIS
KIEK MAŽIAU...
KIEK DAUGIAU...?

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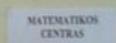
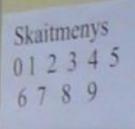






















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tymas.
s salije,

2014 METŲ VĖTAS

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03	13	14	15	16	17	18	19
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1 2 Lapkritis
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You should eat breakfast every morning

- You will have the energy to work.
- You will concentrate better and reach the expected results.
- You will be in good mood.
- You will grow healthy.