**February’s HEALTHY Breakfast Challenge**

***A Nutritious Breakfast Strengthens our Minds and Bodies***

**In the morning, your body needs to refuel for the day after going without food for 8 to 12 hours during sleep. Skipping breakfast can make you feel tired, restless, or irritable.**

**Why else is breakfast so important?**

* **Increases concentration**
* **Boosts brain power and achievement scores, especially in young children**
* **Helps maintain a healthy weight. Children who skipped breakfast in the morning were more likely to overeat and have a lower overall diet quality than children who ate breakfast every day.**

**Carbohydrates (whole grains) – body’s main source of energy**

**Protein – helps build and repair muscles**

**Fruit – provides vitamins and minerals to help your body function properly and can help prevent certain diseases and health conditions.**

***Directions: For a complete, nutritious breakfast, choose one item from each row (1 carbohydrate + 1 protein + 1 fruit).***

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| --- | --- | --- |
| **Carbohydrates (C)****(Whole Grains)** | **Protein (P)** | **Fruit (F)** |
| **Cereal** | **Eggs** | **Banana** |
| **Toast** | **Lean Bacon** | **Fruit Smoothie** |
| **Oatmeal** | **Yogurt** | **Apple Slices** |
| **Pancakes** | **Milk** | **Apple Sauce** |
| **Waffles** | **Turkey Sausage** | **Blueberries** |
| **English Muffin** | **Cottage Cheese** | **Strawberries** |
| **Bagel** | **String Cheese** | **Peach** |
| **Tortilla** | **Peanut Butter** | **Pineapple** |
| **Rice Cakes** | **Sun Butter** | **Grapes** |
| **Bran Muffin** | **Almond Butter** | **Clementine** |
| **French Toast** | **Nuts** | **Kiwi** |
| **Grits** | **Beans** | **Cantaloupe** |
| **Fruits and Vegetables** | **Turkey Bacon** | **Honeydew Melon** |
| **Other** | **Other** | **Other** |

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***Directions: For a complete, nutritious breakfast, choose one item from each row (1 carbohydrate + 1 protein + 1 fruit).***

***List your three items on your calendar each day you eat a complete breakfast. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to your PE coach for an award certificate and shoe token.***

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | 1C:P:F: | 2C:P:F: | 3C:P:F: |
| 4C:P:F: | 5C:P:F: | 6C:P:F: | 7C:P:F: | 8C:P:F: | 9C:P:F: | 10C:P:F: |
| 11C:P:F: | 12C:P:F: | 13C:P:F: | 14C:P:F: | 15C:P:F: | 16C:P:F: | 17C:P:F: |
| 18C:P:F: | 19C:P:F: | 20C:P:F: | 21C:P:F: | 22C:P:F: | 23C:P:F: | 24C:P:F: |
| 25C:P:F: | 26C:P:F: | 27C:P:F: | 28C:P:F: |  |  |  |

*9-15 days = Bronze Certificate 16-22 days = Silver Certificate 23-28 days = Gold Certificate*

 Total Days Completed: \_\_\_\_\_\_ Student’s Name: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_