



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

Volume 5 Number 4

March 2015

Why is Breakfast so Important?

We have all been told countless times that breakfast is the most important meal of the day, and it's true! Breakfast literally breaks the fast after a night of sleep. Children who eat a healthy breakfast tend to consume foods with important minerals such as calcium, phosphorus, magnesium and vitamins A, C, B12, riboflavin and folate. This prepares their mind and body for the day and helps them have better school attendance. Children who eat a healthy breakfast visit the school nurse less often, and often maintain a healthier weight.

Many times mornings can be rushed, leaving little time to prepare and sit down for a nutritious breakfast. No need to skip breakfast, just grab a whole grain cereal bar, a piece of fruit and a glass of milk for a healthy start that is a quick, easy and delicious.

Here are some other quick and healthy choices:

- Toasted bagel with cream cheese, peanut butter or melted cheese
- Fruit smoothies (fruit, milk and yogurt whirled in a blender)
- Whole grain toast with sliced bananas
- A variety of whole grain cereals, dried fruit, seeds or nuts in a bag
- Toasted waffle with fruit topping

Add a glass of milk and fresh fruit for a complete and balanced meal. If there isn't time to prepare a healthy breakfast for your child at home, remember your school's cafeteria provides a balanced and nutritious breakfast daily.



Your school's cafeteria provides a balanced and nutritious breakfast daily.

Chef Basil's Wellness Wednesday

Ultra Zucchini Bread is Chef Basil's featured breakfast recipe. Zucchini is a natural source of important vitamins. Zucchini bread is not only tasty but a great way to increase your child's Fruit & Vegetables consumption in a delicious way.



RECIPE Zucchini Bread

3 eggs, beaten	1 tsp of vanilla
1 Cup of applesauce	3 Cups of flour
1 Cup brown sugar	1 tsp salt
1 Cup of white sugar	3 tsp of cinnamon
2 Cups of grated zucchini	1/4 tsp of baking powder

Combine eggs, oil and sugars and blend until mixed well. Slowly stir in flour, salt, cinnamon, baking powder and blend thoroughly, stir in zucchini. Bake in two well-greased loaf pans @ 350 for 1 hour.



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about the most important meal of the day.

Word List

BACON, BAGEL, BREAKFAST, CEREAL, EGGS,
FRUIT, GRITS, HAM, JAM, JELLY, JUICE, MILK,
OATMEAL, OMELET, PANCAKES, SAUSAGE,
SYRUP, TOAST, WAFFLES

T	O	A	S	T	H	N	P	J	K
U	S	E	W	G	H	S	U	Z	W
N	E	A	A	V	R	L	G	O	X
H	K	R	F	R	U	I	T	G	T
G	A	Y	F	K	L	S	T	E	E
U	C	M	L	J	A	L	L	S	C
O	N	J	E	U	E	E	A	E	I
D	A	B	S	G	M	L	R	B	U
M	P	A	A	O	T	E	L	B	J
Z	G	B	B	C	A	V	L	Y	P
E	H	G	V	L	O	M	I	L	K
S	Y	R	U	P	M	N	T	X	C

Words may be vertical, horizontal, diagonal or backwards and upside down.

BREAKFAST FUN FACTS

Skipping breakfast makes you grouchy. Studies show that people who eat breakfast tend to be in better moods (when I'm hungry - watch out!). Breakfast gets you started on the right track for the day. You're more likely to choose something reasonable for lunch if you've paid some attention to your breakfast choices.

Breakfast provides the body and brain with fuel after an overnight fast - that's where its name originates, breaking the fast! Without breakfast, you are essentially running on empty, like trying to start the car with no gas!

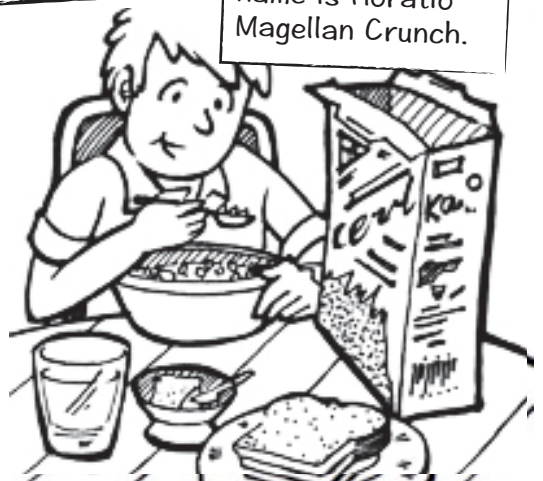
The first breakfast cereal was created in 1863 in New York by a vegetarian.

What two things should you never eat before breakfast?
Lunch and dinner.

A cornflake the shape of Illinois was sold on eBay in 2008 for \$1,350.

Breakfast helps to stabilize blood sugar levels, which regulates appetite and energy. Missing breakfast may lead you to snack on less healthy foods later in the day.

Cap'n Crunch's full name is Horatio Magellan Crunch.





Wellness Wednesday Action Sheet **BREAKFAST**

Wellness Wednesday has quickly become a popular, anticipated monthly event for students, teachers and school administrators. Here are some suggestions that will help you effectively advertise your event and easily help to maximize your success.

The Scoop is an important part of Wellness Wednesday. It should go home to parents and be available on the school's website. It lets parents know that the event was hosted by The Nutrition Group, gives them an easy recipe that they can make with their child and provides useful nutritional information. Also, when children show parents their "I Tried Something New Today" sticker, having *The Scoop* to refer to helps parents recognize the value of the program and gives them the opportunity to reinforce the nutrition message with their child.

- Start with the regular Wellness Wednesday table display and decorations. Your Wellness Wednesday display and serving table should also include milk choices, whole grain cereals, fruit, whole wheat bread products, oatmeal, cereal bars, bagels, eggs and waffles.
- Give each student that tries the new recipe an "I Tried Something New Today" sticker (web store item #16-05).
- Be sure to have copies of the word search from *The Scoop* for students to take.
- Give away Chef Basil bookmarks (web store item #10-002).
- Do a morning announcement on the day of the event. You or the school secretary can read this or a similar script on the morning of the program:

"Good Morning Students! Today is Wellness Wednesday and we are celebrating Breakfast. Breakfast is the most important meal of the day. For Wellness Wednesday we are sampling Zucchini bread. Remember, if you don't have time to eat breakfast at home please join us in the cafeteria for a healthy and delicious breakfast."

Key Nutritional Messages:

- Breakfast is the most important meal of the day.
- Breakfast can be a small healthy meal on the go.
- Breakfast should include whole grains, milk, fruit or 100% juice for a balanced meal.
- If you are using the Ultra Zucchini let students know they can get in the cafeteria for breakfast