

LEAPS

learning eating active play sleep

Breakfast for Young Children

LEAPS

eating

Breakfast is an important meal for children as it kick starts the body and brain after the overnight fast, and gives children the energy they need to learn and play.

Here are some simple breakfast ideas children love:



Baked Beans on toast are a great high fibre, high protein option for breakfast



Smoothies are a delicious, quick breakfast that can also be enjoyed on the run



Fruit bread is popular with children and can be eaten fresh or toasted with a glass of milk or some yoghurt



Choose a high fibre wheat biscuit with reduced fat milk (for children over 2 years) for breakfast



Pikelets are popular with children and make great snacks. Serve with chopped fruit and yoghurt



Try any fruit that is in season with some yoghurt or cereal for breakfast

Try Mixing and Matching:



+



or



+



+



or



+



Feeling short on time in the morning?

Keep a supply of breakfast items that have a long shelf life so that you are always prepared and don't miss out on this important meal.

- Porridge oats
- Fruit (dried, tinned or frozen)
- Wholegrain cereals
- Wholegrain bread (freeze bread and defrost as needed)
- Baked beans