Breakfast ideas – get kids ready for learning

Children that start the day with a nutritious breakfast are ready to learn at school. A good breakfast should include fruit or vegetables, a dairy product and a wholegrain product.

Try some of these breakfast ideas to ensure your kids get off to a good start:
- Wholegrain fruit bread with ricotta cheese
- Porridge with milk and sultanas, berries or banana mixed through
- Smoothies with milk, yoghurt, soft fruit and oats - add spinach for a green smoothie
- Wholegrain English muffin, topped with cheese and tomato
- Yoghurt topped with oats and fruit
- Baked beans with wholegrain toast and a piece of fruit.
- Boiled eggs with toast soldiers.
- Poached or scrambled eggs with toast and a glass of milk.
- Toast with avocado, tomato and a glass of milk.
- Wholegrain toast topped with sliced banana, and a small yoghurt tub.

Try to ensure your child has breakfast – it really is the most important meal of their day. The long lasting energy and nutrients helps them to learn and play at school.

Go to LiveLighter Healthy Breakfast Recipes for more healthy breakfast ideas.