



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.