

## Healthy Vibe

## Healthy Living

# Start Your Engines!

**Breakfast really is the most important meal of the day.**

If you were starting out on a long car trip, would you head off with an empty fuel tank? Of course not! But many of us do start our day without the fuel we need to get through – breakfast.

The word “breakfast” is really two words – “break” and “fast.” “Fast” is when you go without food, and so during the night while you’ve been sleeping, your body is fasting. In the morning when you wake up and eat something, you break that fast.

A healthy breakfast helps to keep your energy and concentration levels up and helps you maintain a healthy weight. Breakfast helps to replenish your blood glucose levels, which are important for brain function and metabolism. By eating breakfast, you’re boosting your energy and concentration levels and your metabolism. Breakfast also provides your body with a significant proportion of your total nutrient intake for the day.

Research has shown that kids who skip breakfast are more likely to be overweight or obese later in life. Skipping breakfast also diminishes mental performance, which can make learning or concentrating that much harder. Also, kids who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term. Kids who skip breakfast also lack sufficient vitamins and minerals, including iron, calcium, zinc and vitamin B2.

People who eat breakfast tend to have more nutritious diets than people who skip breakfast, and usually have better eating habits because they’re less likely to be hungry for snacks during the day.

It’s not enough just to eat any old thing at breakfast time – this is the best time for you to choose a healthy, balanced meal that will give you all the important nutrients your body needs.

Of course, most of us are in a rush in the mornings, which means you need to choose something that’s quick and easy to prepare. Here are some suggestions:

- Wholegrain cereal and milk with a piece of fruit or fruit juice
- Toast with cheese and or/tomato or baked beans and a piece of fruit or fruit juice

## A Good Start

### Breakfast Clubs for Kids

The Good Start Breakfast Club is a community program run by Australian Red Cross in partnership with Sanitarium, where volunteers serve breakfast every day for school kids in areas of greatest need around Australia.

The service provides nutritional support in a comforting environment and encourages children to develop improved social and living skills and ultimately achieve their full potential.

The program targets primary school children, but Good Start Breakfast Clubs are open for participation to all children in a school.

To find out more about the Australian Red Cross Good Start Breakfast Clubs, head to [www.redcross.org.au](http://www.redcross.org.au) or [www.goodstartbreakfastclub.org.au](http://www.goodstartbreakfastclub.org.au) or call 1800 015 044





## ACTIVITY 1: PREPARATION BEFORE READING

This report tells us that breakfast is the most important meal of the day. Eating breakfast gives us the fuel we need to keep our concentration levels up and to maintain a healthy body weight.

People who eat breakfast usually have better eating habits than those who skip breakfast and are less likely to need snacks during the day.

Always choose to eat a healthy, balanced meal at breakfast that is quick and easy to prepare.

You can join a Breakfast Club at your school to make sure you get the start that you need in the mornings.

### Read Start your engines! on page 18

1. According to this report, which meal is the most important meal of the day?

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2. From the suggestions in the report, draw three quick and easy breakfasts you could prepare at home.

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3. Which of these breakfast suggestions would you like best?

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4. Find two reasons from the report that explain why breakfast is such an important meal. Write them on the lines below.

Reason 1: Breakfast is an important meal because

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Reason 2: Breakfast is an important meal because

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5. Write two things that can happen if you always skip breakfast.

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6. What can you do if you don't like eating first thing in the morning, but you still want to give your body a good start to the day?

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### ACTIVITY 3: UNDERSTANDING WORDS IN CONTEXT

In the **Everyday Words** column below, write your explanation of the more technical and specific words used in the report.

**HINT:** You could try to work out the meaning of the words from the sentences around them in the report, or you could use a dictionary.

Everyday Words	Technical / Specific Words
	Fasting
	Metabolism
	Nutrient intake
	Obese

**ACTIVITY 4: TRY MAKING THIS BREAKFAST RECIPE****Apple-Potato Pancakes**

Serves 4

**Ingredients:**

- 1 and 1/4 cups unpeeled apples - finely chopped
- 1 cup peeled potatoes - grated
- 1/2 cup plain flour
- 2 egg whites
- 1 teaspoon salt
- 1/2 cup apple sauce

**Preparation:**

Preheat oven to 250 degrees Celsius.

Spray baking tray with nonstick cooking spray or grease with margarine.

**Instructions:**

1. Combine all ingredients in a medium bowl.
2. Spray a large nonstick pan with nonstick cooking spray or grease a frypan with margarine.
3. Heat pan over medium heat until hot.
4. Drop rounded Tablespoons of batter mixture 3 cm apart into the pan.
5. Cook 2 to 3 minutes on each side or until lightly browned.
6. Transfer to baking tray and place in the oven for 10 minutes until crisp.
7. Serve with additional apple sauce or apple slices.

Healthy and tasty. You'll love these deadly pancakes.





## **ACTIVITY 5: CREATE YOUR OWN BREAKFAST RECIPE**

What would you like to make for breakfast?

**Write your recipe below.**

Why not try out your recipe for breakfast tomorrow?

Recipe Title \_\_\_\_\_

Serves \_\_\_\_\_

Ingredients:

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Instructions:

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### **FURTHER RESEARCH:**

To read more about Breakfasts Clubs, head to [www.redcross.org.au](http://www.redcross.org.au) or [www.goodstartbreakfastclub.org.au](http://www.goodstartbreakfastclub.org.au)

For more great breakfast recipe ideas, head to [www.mrbreakfast.com](http://www.mrbreakfast.com)