Do you want a bright start to your day? Want energy to get up and go? Well then, eat breakfast! Eating a morning meal (breakfast) helps to “break the fast” from the night before. It gives your body the energy and nutrients it needs to start the day. Breakfast gives your brain a head start, too. It’s true! Studies show that children who eat breakfast have more energy, are more alert and generally perform better in school than kids who don’t eat breakfast. They’re able to concentrate better and tend to have fewer absences.

Breakfast can be any nutritious food. Foods from each of the five food groups can be eaten as part of a breakfast meal. Be creative! Try trading some of those traditional breakfast food choices for some of these quick, easy to prepare combinations:
• Fruit and cereal added to yogurt
• Leftover pizza and a glass of 100-percent fruit juice
• Crackers with cheese cubes and a glass of 100-percent fruit juice
• Leftover macaroni and cheese and vegetable juice
• Fruit smoothies (a blend of yogurt, milk and fruit) and toast
• Bread sticks with peanut butter and apple slices
• If you have little time for breakfast, take some grab-n-go foods along to eat later.
• Fresh fruit or cut up, raw vegetables and a breakfast cereal
• Crackers with a dab of peanut butter and a banana
• Cheese cubes or string cheese and dried fruit such as cherries or raisins
• 100-percent fruit juice boxes and a small, resealable plastic bag with dry cereal or trail mix

The Food Safety Zone: Keep Food Safe to Eat

Keeping food safe to eat means keeping germs out of food. Follow these simple rules for keeping germs away:

Clean – Wash your hands and all surfaces before, during and after preparing meals.

Separate – Keep raw and cooked foods apart. Use separate cutting board, plates and other equipment for raw and cooked foods.

Cook – Cook foods to proper temperatures. Use a thermometer to check meat for doneness and to make sure leftovers are reheated to the proper temperature.

Chill – Refrigerate foods promptly. Don’t allow food to sit at room temperature for more than 2 hours.

Family Fitness Fun
Go to the park or playground as a family. See how fun it can be to play with your child on the swings, monkey bars and slide! Play catch, kick a ball around or shoot some hoops. Do some light activity or early morning stretches to help power up your muscles and prepare you for the day. The whole family will gain the benefits of physical activity and you’ll have a fun time doing so!
**RECIPE FUN:**

**Fruity Milkshake**

**Tip:** Adding powdered milk to this recipe boosts its protein and calcium content.

**Ingredients:**
- 2 cups skim or low-fat milk
- 1 cup diced fruit such as apples, pears, strawberries, bananas, peaches, berries or melon
- Dash of ground cinnamon
- ¼ cup powdered milk (optional)

**Equipment:**
- Blender
- Liquid measuring cups
- Dry measuring cups
- Measuring spoons
- Disposable cups

**Procedure:**
1. All food preparers must wash their hands with warm water and soap for 20 seconds before starting to prepare this recipe. Be sure that all work surfaces are clean.
2. In a blender, combine the fresh milk, fruit and (if desired) powdered milk.
3. Blend until smooth. Pour milkshakes into four cups and top each shake with a dash of ground cinnamon.
4. Serve immediately and enjoy!

*Makes four ½-cup servings.*

---

**As Your Child Grows**

Eight-year-old children may be more interested in the process of doing an activity or project than in having the finished product. They will understand you better if you show them how to do something, instead of just telling them. So go ahead and prepare a meal using a new recipe together, or do a physical activity together. As they get older, their thinking ability changes and they can understand directions and carry out tasks more efficiently. By the time they’re teens, they are better able to process abstract ideas and can cook on their own or coach a group of younger kids in a favorite sport.

As children reach age 11 or 12, they may become more fearful of trying new things, so encourage activities that stretch their physical and mental skills and abilities. Be sure to give them positive encouragement when they need it and to be a positive role model.

Here are a few ways to encourage everyone to get up and move:
- Turn off the television for a week or limit watching television to 1 hour a day.
- Plan a skit.
- Go for a walk.
- Jump rope together.
- Ride bikes together.
- Shoot some basketball hoops.
- Play catch.

---

**On the Web**

Check out these Web sites with your child:

- Governor’s Council on Physical Fitness, Health and Sports/Michigan Fitness Foundation: [http://www.michiganfitness.org](http://www.michiganfitness.org)
- PE Central: [http://pecentral.com](http://pecentral.com)