



WELLSPRING

Catering Team

Healthy Breakfast for Children Information for Parents

Breakfast is the most important meal of the day. Especially important for children’s growing brains and bodies. Offering a school breakfast club is an excellent way for parents to be sure that children are getting the best start to their day. This helps school staff too.

Our breakfast club menu is designed to give children the energy and nutrients to grow and develop, be healthy and active. Children who eat a balanced, healthy diet are more likely to be alert in class and have more energy to enjoy the active school day.

What is a healthy breakfast?

A healthy breakfast is a balanced meal providing a variety of nutrients, found in four food groups:

TOP TIPS

Wherever you see this light bulb image we have provide tips and information

STARCHY FOODS

Starchy foods give energy, fibre, vitamins and minerals. Base each meal on a starchy food such as:

Bread and cereals

They are a good sources of fibre, carbohydrates and protein and offer a range of wheat, oats, barley, rye and rice.

Try different types of bread, such as bagels, wraps, bread rolls, baguettes.



Cereal products consisting of oats or oatmeal, porridge, and wholewheat products are healthy breakfast options. Whole grain varieties are best for fibre, which is vital for a healthy digestive system. Choose plain varieties, avoiding added flavourings (even fruity ones). Supermarket own varieties will often be cheaper than branded but are just as good. Porridge oats, shredded wheat biscuits, cornflakes, rice Krispies are good choices.



GRAINS are an essential part of a healthy diet, providing nutrients and energy for normal growth and development

MEAT & ALTERNATIVES

Protein foods build muscle and provide minerals, for example:

Lean meat, eggs, and beans

Eating lean meat provides children with all the essential amino acids they need. Beans are full of plant-based protein, and are high fibre, as well as being low in fat and calories. They also contain minerals, such as iron and zinc, and are a good source of B vitamins, such as folate.



Plain sausage made with a high percentage of lean meat



Eating plant-based food, offers the necessary nutrients for children with extra focus in B12, calcium, zinc, vitamin D and iron.

Eggs provide iodine, iron, quality protein, omega 3 fat, vitamins A, D and E as well as B12. Eggs eaten as a high protein breakfast can boost a child's satiety levels and reduce hunger throughout a busy school day.



EGGS
Try them boiled,
poached, scrambled
or as an omelette

DAIRY FOODS

Include a dairy product or dairy alternative, such as:

Semi-skimmed and skimmed milk

Oat milk or Soy milk and low-fat yoghurt

Milk is widely considered as a beneficial product for growing children because it is a complete source of energy, and is the richest and most inexpensive source of high nutritional quality protein, calcium, phosphorus, and vitamin A.

Soy milk can be a good source of protein for children who are lactose intolerant.

Nut milks are not quite a high in calories or protein as dairy milk - but are still great alternatives.

Low fat yoghurt gives children a good probiotic, rich source of calcium and has vitamins B6 and 12.

These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.



DAIRY

use butter and margarine sparingly, because these can be high in fat, or use lower fat alternatives.

FRUIT

Fruits contain much more than just fibre and fructose. They also contain lots of nutrients that are important for children's health.

They include vitamins, minerals, and a plethora of antioxidants and other plant compounds necessary for the body to function properly and to keep your children strong and healthy.

If possible, use fresh fruit which are in season to help the environment and enjoy variety!

5 A DAY
fresh, frozen, tinned and
dried fruit all count
towards your 5 a day!

TYPES OF FRUIT TO CHOOSE FROM:

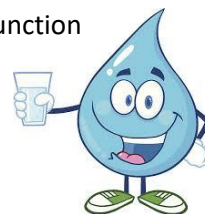
Bananas
Melon
Apple
Clementine
Strawberry
Pineapple
Mango
Peach
Plums
Blackberry
Raspberry
Grapes

DRINKS

Drinks, especially water, help children to concentrate and feel well.

Water is freely available in school.

Water is an essential nutrient and it enables growing bodies to function properly and helps to flush out toxins and aids digestion.



WATER
Water is kind to little
teeth and helps to keep
them healthy and strong

SPECIAL DIETS & ALLERGIES

We recommend you visit the website below for accurate, reliable information on managing allergies in schools.

<https://www.allergyuk.org/living-with-an-allergy/at-school/for-parents/>

We recognize that some pupils may require special diets that do not allow for the above guidelines to be met exactly.