

Breakfast

Breakfast – the most important meal of the day!

Eating a healthy breakfast has been linked to good health, including better memory and concentration and to lower the chance of getting diabetes, heart disease and being overweight.

Active Anita's favourite breakfast is a 'Fruit Rumbler'!

INGREDIENTS

- Cereal (try to choose one that's low in sugar eg. Rice Crispies or Cornflakes – use the traffic light guide on the box to give you an idea)
- A yoghurt
- Lots of fruit!

Can you be adventurous and include something that you have never tried before?

- Fruit juice to drink

HOW TO MAKE

- Cut up your fruit, with the help of a grown up
- Sling it all in a bowl, grab a spoon and enjoy!

USEFUL TIPS

- When choosing your fruit – remember, the more colourful, the better! Each of the different colours mean you are giving your body different vitamins and minerals!
- Using the 'Eatwell Guide' provided by the NHS, can you identify the 3 food groups you have just eaten as part of your breakfast?

