

Pick a great breakfast for Get-Up-And-Go!



= energy, fibre, iron and vitamins



= calcium for strong bones



= 1 of your 5-a-day



= energy, fibre, iron and vitamins



= calcium for strong bones



= 1 of your 5-a-day



= energy and fibre



= protein and fibre



= 1 of your 5-a-day



= energy and fibre



= calcium for strong bones



= 1 of your 5-a-day

Hydration is important, make sure you get a drink at your breakfast club

People who eat breakfast:

- Do better at school
- Are more likely to feel great
- Are less likely to doze off in class

* Children under 2 years should drink whole milk as it contains more calories to help them grow.