

# WHY DO WE NEED A HEALTHY



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## WORKSHEET 1

# LINK THE NUTRIENT TO THE FOOD



## WHATS IN MY BREAKFAST?

WHAT'S IN YOUR TOAST AND CEREAL? LET'S FIND OUT!

The breakfast we eat in the morning is full of essential nutrients that help us grow and stay healthy. Different foods are made up of different nutrients. To follow a balanced diet, we need a good mixture of protein, carbohydrates, fats, vitamins and minerals.

LINK UP THE NUTRIENT TO THE BREAKFAST FOOD BELOW.  
SOME FOODS MAY HAVE MORE THAN ONE!

**MINERALS (CALCIUM)**

**CARBOHYDRATES**

**PROTEIN**

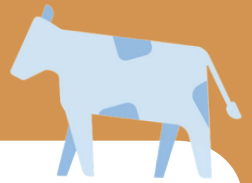
**VITAMINS**

**FATS**



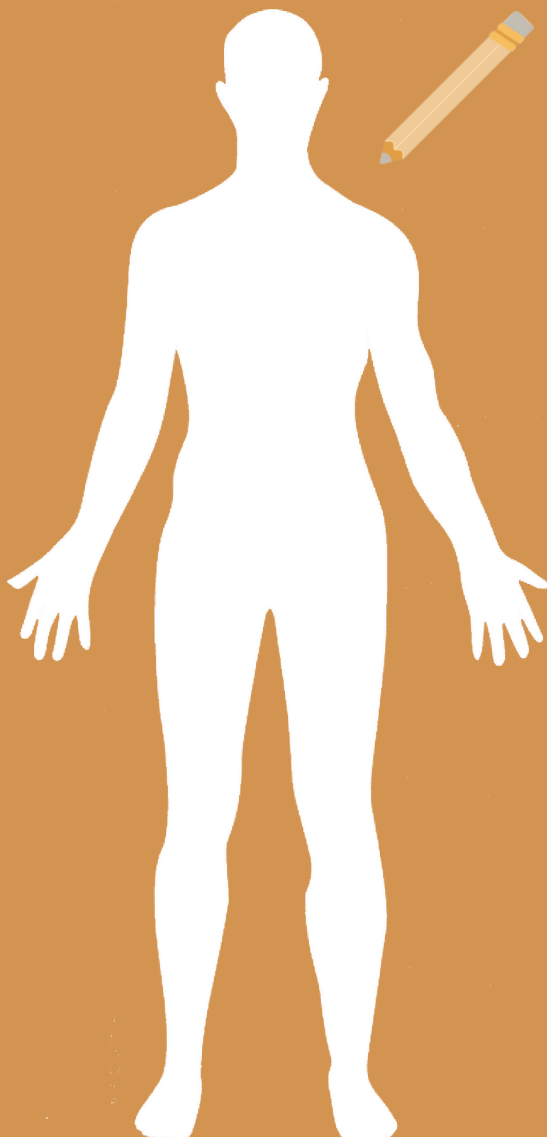
# WORKSHEET 2

## WHY DO WE NEED CALCIUM?



Dairy foods like milk, butter and yogurt contain calcium. Calcium is a really important mineral that helps keep us strong, and is important for the maintenance of normal teeth and bones.

**DRAW THE BONES/SKELETON WITHIN THE BODY OUTLINE!**





# WORKSHEET 3

# CUT AND

# CONNECT!

**\*MAKE SURE YOU GET ADULT SUPERVISION  
WHEN USING SCISSORS\***

**CUT UP THE GRID OF IMAGES AND WORDS, MIX THEM UP,  
THEN PAIR THEM TOGETHER!**



	<b>SEMI SKIMMED MILK</b>		<b>FULL FAT MILK</b>
	<b>CREAM</b>		<b>CHEESE</b>
	<b>CREAM CHEESE</b>		<b>CHOCOLATE</b>
	<b>YOGURT</b>		<b>ICE CREAM</b>
	<b>BUTTER</b>		<b>SMOOTHIE</b>



# WORKSHEET 4

# THE

# IMPORTANCE

# OF A HEALTHY

# BREAKFAST

**This informative section** explains how a nutritious breakfast is essential for our bodies, brains and general wellbeing. Eating breakfast helps to maintain our energy levels (blood glucose levels). We need to keep topping up our bodies with healthy, nutritious foods in order to create enough energy to power us through our daily activities - learning, sports, even getting a good night's sleep requires energy from food.

- 1.** Breakfast raises our mood: Breakfast can help us feel more energised and motivated. It can also give us the energy to explore the world around us.
- 2.** Skipping breakfast makes it difficult to get our daily vitamins and minerals: Those who don't have a healthy breakfast every day are more likely to be deficient in important nutrients.
- 3.** Breakfast sharpens our brains: Breakfast gives our brains a big kick start and helps us maintain our concentration throughout the whole morning.
- 4.** It lowers stress: Eating breakfast can help to reduce stress by lowering a hormone called cortisol.
- 5.** Eating breakfast helps with exercise: Eating healthy and exercising go hand-in-hand. A light breakfast one hour before you exercise will give you lots of energy.
- 6.** It is better to eat breakfast every day. Just like it's a good idea to go to bed and get up at a similar time each day. Regular breakfasting patterns have been linked to thinking more clearly.
- 7.** Breakfast is great for your digestive system: Especially if your breakfast includes fibre, but it also offers other vitamins and minerals like calcium which are good for us.

**\*If you can't have cow's milk, alternatives are available. Just make sure any alternatives you do choose are low in sugar and high in protein!**

# MILK IS OFTEN PART OF A TASTY BREAKFAST.

## DID YOU KNOW MILK CONTAINS:

### IODINE

Contributes to normal cognitive function.

### VITAMIN B2

Contributes to reduction of tiredness and fatigue.

### PROTEIN

Contributes to a growth in muscle mass.

### CALCIUM

Is needed for the maintenance of normal teeth and bones

### POTASSIUM

Contributes to the maintenance of normal blood pressure.

### VITAMIN B12

Contributes to the normal function of the immune system.

