



Tuckatalk

Breakfast

Why Breakfast?

Breakfast is the most important meal of the day, providing up to one third of children's daily energy and nutrient needs.

Eating breakfast has been shown to:

- Improve performance at school
- Increase concentration
- Improve mood
- Increase metabolic rate.

Make Breakfast a Part of Your Child's Day

- Be a good role model and have breakfast yourself
- Organise breakfast the night before
- Prepare your child's school bag the night before to allow time for breakfast
- Aim to get your child to bed earlier so they wake up fresh and ready for breakfast in the morning
- At the very least have breakfast 'on-the-go'.

What Makes a Good Breakfast?

Try to include each of the following at breakfast time:

- Wholemeal or wholegrain bread or cereal
- Protein, e.g. milk, eggs or beans
- Fruit or vegetables.



Breakfast Ideas

Traditional breakfast

- Cereal with milk and fruit or 100% fruit juice
- Toast and spread plus a glass of milk
- Egg and toast plus a glass of milk

Or try something different

- Fruit and yoghurt
- Swiss muesli
- Crumpets or English muffins with cheese or spread

Breakfast on-the go

- Piece of fruit
- Yoghurt
- Cold, hard boiled egg
- Peanut butter, cheese or vegemite sandwich
- Fruit smoothie
- Up and Go®

A bit more time?

- Pancakes, pikelets or hotcakes with fruit
- Low fat fruit or savoury muffins
- French toast
- Omelette
- Eggs with toast, spinach, tomato, mushroom

Toast toppers

- Baked beans
- Melted cheese
- Tomato and mushrooms
- Avocado

Breakfast

Recipes

Breakfast Muffins (makes 12)

3 rashers lean bacon, chopped
1 tablespoon oil
400g button mushrooms, chopped
1½ cups plain flour
3 teaspoons baking powder
1 cup grated cheese
80g margarine, melted
2 eggs, lightly whisked
⅔ cup milk

Fry bacon and mushrooms over medium heat for 4 minutes and set aside. Preheat oven to 200°C. Grease muffin tray. Place flour, baking powder and cheese into bowl. Whisk margarine, eggs and milk, pour in dry ingredients and stir gently. Fold in mushrooms and bacon. Spoon mixture into lightly greased muffin tray. Bake for 20 minutes or until cooked. Stand for 5 minutes in pan.

Sunday Pancakes (serves 4)

3 eggs
1 cup milk
2 tablespoons plain yoghurt
1 teaspoon vanilla essence
1 cup plain flour
1 tablespoon sugar
1 tablespoon baking powder

Combine all ingredients and mix into a smooth batter. Preheat fry pan and grease with margarine. Pour a portion of batter into pan and cook until bubbles appear on surface. Turn pancake and cook on other side. Serve with fruit and yoghurt.



Microwave Scrambled Eggs (serves 2)

3 eggs
3 tablespoons milk
Chopped parsley or chives
Pepper

Mix eggs and milk in microwave safe bowl. Add parsley or chives and pepper. Microwave for 1 minute and stir. Repeat until eggs are just set (approx 2–3 minutes). Let stand for 1 minute. Serve with toast.

French Toast (serves 2)

4 slices wholemeal or wholegrain bread
2 eggs
Butter or margarine
Cinnamon sugar
Strawberries

Beat eggs together. Dip bread in egg one piece at a time. Heat fry pan and grease lightly. Cook soaked bread until it is brown on both sides. Serve sprinkled with cinnamon sugar and strawberries.

Swiss Muesli (serves 1)

3 tablespoons rolled oats
3 tablespoons boiling water
1 tablespoon lemon juice
1 tablespoon plain yoghurt
1 teaspoon honey
1–2 tablespoons chopped nuts
1 apple grated

Put oats into serving bowl. Add boiling water and leave to soak. Mix together remaining ingredients and add oats.



Where can I find out more information?

HERE ARE 2 WAYS:

1. **MAKE AN APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
2. **CHECK OUT** more Tuckatalk factsheets at www.health.act.gov.au

