

A HotList on Students and the Importance of Breakfast and Good Nutrition  
K. Marzullo

[www.kidshealth.org/kid/stay\\_healthy/food/breakfast.html](http://www.kidshealth.org/kid/stay_healthy/food/breakfast.html)

Kids Health for Kids

This is a great website for students to not only learn why breakfast is the most important meal of the day, but it also has a plethora of great information for students about their health and how their bodies work. The site includes interactive games, kid-friendly recipes, and a section on how to deal with your feelings.

<http://www.breakfastforkids.com/faq.html>

Breakfast for Kids

This website is for educators who want to learn more about why breakfast is so important for their students and what they can do to help. Their focus is mainly on breakfast programs that can be implemented at school, what their benefits are and how you can make them happen.

<http://www.breakfastfirst.org/Kids1.html>

Breakfast First – Health Foods for Healthy Minds

This is an informative website, written from the student's perspective, on the importance of breakfast. It outlines not only why breakfast is so important but also what the student can do to make a change in their healthy living lifestyle.

<http://slate.msn.com/id/2121172/>

Article – Shooting Down the Breakfast Club

This is an online article that discusses why some kids rebel against breakfast. Sleep-deprivation!!

<http://www.jorbins.com/food-drink-magazine/articles/kids-healthy-breakfast.php>

Article - Fuel Your Kids with the Best Tasting Breakfast Staples

This online article gives parents some terrific suggestions for healthy foods that their kids might actually eat for breakfast. It also gives them tips for making breakfast fun, and explains the importance of breakfast.

<http://www.mealsmatter.org/>

Meals Matter

This is a helpful website for parents. It helps them with planning healthy meals, from breakfast and school lunches, to dinner or picnics. It provides everything from recipes and nutritional information to shopping lists. It also explains the safest ways to transport food to school. It even has an interactive site for kids to go to where they can play games and learn about nutrition at the same time. <http://www.mealsmatter.org/CookingForFamily/Activities/index.aspx>

<http://www.usda.gov/cnpp/KidsPyra/>

Center for Nutrition Policy and Promotion

This is an awesome site for Parents or Educators who want visual aids of the Food Pyramid as it relates to ages 2-6. It has posters you can print out of the food pyramid, either in color, or in black and white. The black and white version would actually be a great activity for kids in school. The colorful posters would make a great addition to a primary classroom. It also has a worksheet that you can print out so kids can track what they eat in a week and how well they did following the food pyramid.

<http://pbskids.org/itsmylife/body/foodsmarts/index.html>

It's My Life by PBS

This interactive website is for older students who want to learn about the food pyramid, nutrition information, serving sizes, understanding food labels, and how to make all the choices they have intelligently and on their own. This site also has links for students to understand things such as emotions, school, family, friends and even money.

[http://www.eatright.org/Public/NutritionInformation/92\\_9390.cfm](http://www.eatright.org/Public/NutritionInformation/92_9390.cfm)

#### Kids' Breakfast Pyramid

This website features kids' top 25 favorite breakfast picks (ages 6-12). It teaches parents and kids to build their breakfast the "5 Star" way. This is a system that makes sure you are eating appropriate amounts from all the food groups. It even has quick and easy ideas for breakfasts on the go.

[http://kids.pbs.org/arthur/parentsteachers/activities/acts/food\\_pyramid.html?cat=math](http://kids.pbs.org/arthur/parentsteachers/activities/acts/food_pyramid.html?cat=math)

This website has a fun learning activity for younger children, for either the home or in the classroom, that lets kids build their own food pyramid. It teaches children in a hands-on manner about nutrition, while also reinforcing concepts like math, critical thinking problems and life skills. It also has suggestions for related reading that reinforce the lesson of good nutrition.