



Is this you on your way to school?

Are you stopping at the shop to buy your 'breakfast'?

If you answered yes to those questions then you are the inspiration for this slide show.

We are increasingly concerned by the choices that our students are making for their breakfast and generally for spending their money on.

Our aim for this presentation is to educate you to make better informed choices about your food.

After all, you're old enough to make your own decisions now.....just make sure they're the right ones!



Watch the picture on the screen. This shows what can happen to your teeth if you do not look after them properly.

This is called tooth decay. If you eat too many sweet things or do not brush your teeth as often as you should this is what can happen. Think about how long the sugar is sitting on your teeth after your 'breakfast' before you brush them again.



This person has not looked after their teeth. Your teeth need to last you a lifetime so it is important that we care for them properly.

It is very uncomfortable having fillings, so make sure you don't ever need any.

THINK BEFORE YOU DRINK.



0g



2.2g



27.5g



30g



34.7g



35g



43.6g



46g



SUGAR CONTENT

You probably don't realise how much sugar is hidden in the drinks you have regularly.



Or the sweets and chocolates we have seen 'hidden' in your blazer pockets that you've bought on your way to school!

# What can happen if you eat too much sugar?

1. You will put on weight.
2. You could develop type 2 diabetes later in life.
3. You could develop high blood pressure which can lead to strokes.
4. You could develop heart disease.

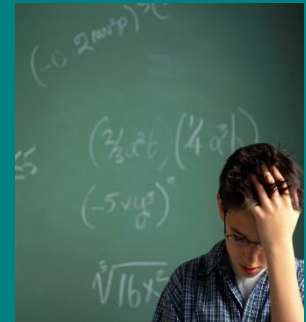
We've covered the bad choices some of you make for breakfast. Why do we need to even have it in the first place?

How many hours does your body go without eating when you skip breakfast?

- On average, about sixteen hours

*Ask yourself these questions...*

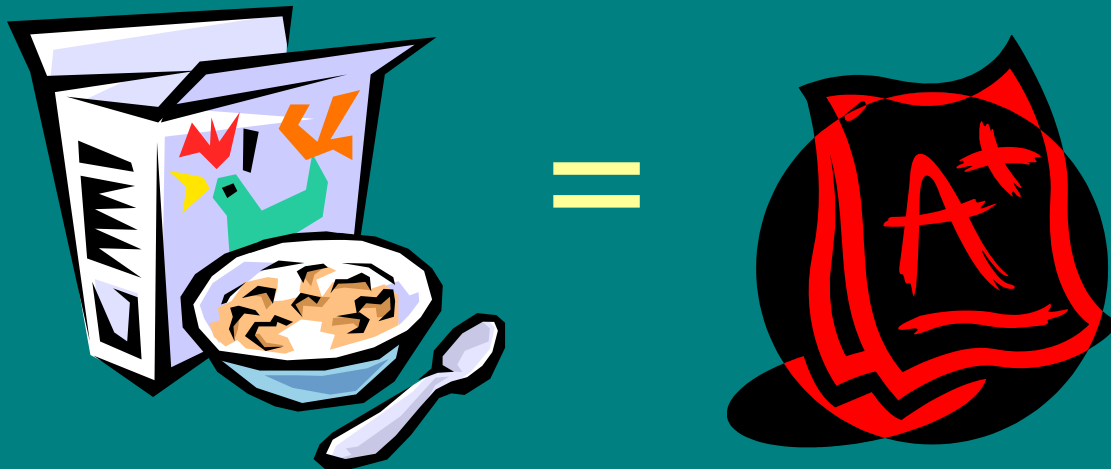
- What time did you eat dinner last night?
- If you did not eat breakfast, what time do you normally eat lunch?
- How long is your body going without food?
- What are some reasons why you skip breakfast?



# How can eating breakfast affect your performance in school?

Students who eat a healthy breakfast...

- Are more alert
- Have higher test scores
- Have fewer behavioral problems
- Have fewer visits to the Doctors



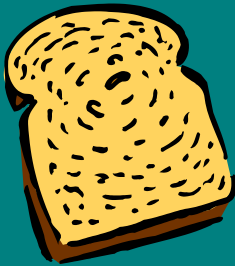
# A Healthy Breakfast Should Include Which of these Nutrients?

Carbohydrate

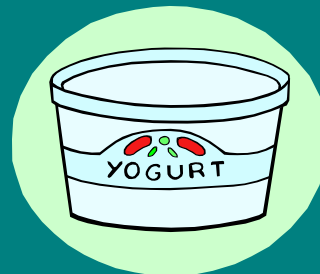
Protein

Fat

- All 3: carbohydrate, protein, and a little fat
  - Carbohydrates are the fuel we need to keep our bodies going
  - Protein and fat will help us feel more full



Carbohydrate



Protein



Fat

# Does Skipping Breakfast Lead To Weight Gain?

YES:

- We may be tempted to overeat later in the day if we skip meals earlier
- We can slow our metabolic rate if we do not provide sufficient energy to our bodies

***Remember, If you start the day with an Empty Tank, Your body will need to work extra hard to get energy!***



# Quick & Easy Breakfast Ideas

- Bagel/toast with peanut butter or low fat cream cheese
- Pack of crackers/belvita type biscuits
- Fruit
- Cereal bar
- Instant porridge
- Yogurt
- Cereal



There is no excuse as many of these can be grabbed and had on the way to school.



Do you need  
to make  
some  
changes?

