



Build a Balanced Breakfast

Mix and match foods to build a tasty breakfast.

Helps Your Child Grow



Health, Safety, and Nutrition

Talking about what different foods provide and using that knowledge to build a balanced breakfast helps your child develop early awareness of nutrition and healthy eating.



Initiative and Curiosity

Choosing ingredients for a stated need and explaining each choice gives your child practice making an independent decision from the information available.

Steps

- Invite your child to be the breakfast chef who will prepare a balanced meal for the family.
- Set out foods such as bread, eggs, ham, cheese, and lettuce. Talk together about what each can provide.
- If your child says, “Cheese helps me grow,” add one clear fact: “Cheese has calcium, which helps build strong bones.” Vegetables provide vitamins, and eggs provide protein. Combining different foods can make a balanced breakfast.
- Dad can order an unbalanced meal first: “I want only ham in my bread.” Ask, “Would that make a balanced breakfast?”
- Let your child use what you discussed to suggest another ingredient and explain why: “Add an egg. It has protein.” Then let the chef complete Dad’s breakfast.
- Notice the revised combination: “You added another kind of food and made a more balanced breakfast.”

Tips

- Add a different request for the chef to solve: “I’d like a food with vitamins.” Let your child review the available ingredients, choose one, and explain the choice.

Observations

- Changes an unbalanced breakfast by adding another kind of food
- Responds to a family member’s order and gives a simple reason for an ingredient choice