



A Very Important Meal

Wilma Wheat Bread was invited to Mrs. Keller's 2nd grade room to speak to her class about something really big, breakfast. Now to most people breakfast may not be a big deal but did you know that breakfast is a very important meal? Well, Mrs. Keller had lots of students that didn't eat breakfast and she didn't like it. She knew that Wilma Wheat Bread knew a lot about breakfast, she should because toast is one of the number one foods eaten at breakfast time. Wilma was not surprised that a lot of Mrs. Keller's students didn't eat breakfast in the morning. It seems people are just too busy these days.

Mrs. Keller told Wilma that her students would complain early in the morning that they are so hungry. They couldn't focus on their school work and it was getting hard for her to teach. Wilma Wheat Bread knew that it wasn't that kids didn't like breakfast. What kid doesn't like pancakes, waffles, eggs, or toast? It was taking the time to eat breakfast that was the problem. So Wilma agreed to talk to Mrs. Keller's students, just to let them know how very important it was to eat breakfast each day.

She began, "We go about 10-14 hours from dinner to our next meal, which is breakfast. That is a long time to go without food. Our body uses sleep to grow and it needs to refuel in the morning, just like a car. If we want our bodies to run good all day we need to feed it or fuel it. Just like a car, if we don't give our bodies the fuel it needs, we run out of gas. We have a hard time concentrating or doing good on our school work. Many say that breakfast can help you do better in school. Breakfast can help your brain work better and solve problems quicker. Without a good breakfast, you may feel run down and are more likely to eat unhealthy snack foods which are really not good for you. Eating a good breakfast can lead to eating other good meals. Breakfast can be the beginning of a lifetime of healthy eating. It will give you the energy to be and do your best."

A young boy raised his hand, "But I don't have time to eat breakfast." Wilma Wheat Bread knew just how to respond, "Breakfast does not have to be a long meal. There are a lot of quick breakfast ideas that are still very good for you and can help you perform well in school. Grab a juice and cereal with milk. Have some toast with peanut butter and a banana. Drink a fruit smoothie or eat a hard boiled egg with a wheat bagel. You can also have a granola bar and string cheese. Leftovers can also be a great, quick breakfast like soup with crackers or chicken with rice. Any of these foods can help fuel your body for the day. Breakfast is important. You won't be complaining about being hungry in the early hours of the morning if you have breakfast and Mrs. Keller won't have a hard time getting your attention either." Wilma passed out some fruit, granola, and milk. The students ate everything. Mrs. Keller smiled. She knew that if the kids were happy, and their stomachs were happy, then she would be happy too.

