

# A good breakfast = A good start

These breakfasts are great for keeping sugar levels stable and energy levels in check. They keep children feeling fuller for longer. You could try:

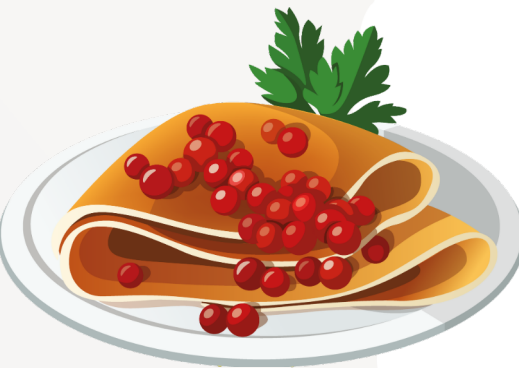


Porridge with fruit or honey

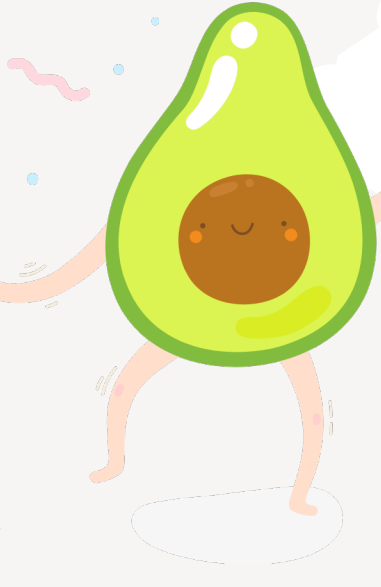
Whole meal toast with spread or eggs / avocado / mushrooms / tomatoes



Pancake with yoghurt and fruit



low sugared / wholegrain cereals



**SPRING 2**  
Recommended books linked to healthy eating and cooking

*Julia Donaldson · Nick Sharratt*  
**Chocolate Mousse For Greedy Goos**  
For younger readers. [Click here for link.](#)

*HEALTHY RECIPES FOR CULINARY SKILLS FOR THE NEW COOK IN THE KITCHEN*  
**kid chef**  
THE FOODIE KIDS COOKBOOK  
Melina Hammar  
FOREWORD BY BRYANT TERRY  
For younger readers. [Click here for link.](#)

**POETRY Pie**  
ROGER MCGOUGH  
For readers 8+ [Click here for link.](#)

*Frank Cottrell Boyce*  
**The Astounding Broccoli Boy**  
For readers 10+ [Click here for link.](#)

This edition focuses on healthy eating



THE CRESCENT PRIMARY SCHOOL

## WAYS YOU CAN SUPPORT CHILDREN'S MENTAL HEALTH AND WELLBEING AT HOME

### What is a balanced diet?

- As a general guide to a balanced diet, children need to eat:
- Lots of fruit and vegetables
  - Wholegrains (such as wholemeal bread, whole wheat pasta and brown rice).
  - Beans and lentils
  - Lean meat and fish
  - Nuts and seeds



If your child is interested in learning to cook, [click here](#) for Easter holiday cookery sessions for kids at the Dart, Wildern School, Hedge End. Ages 4-15 £24 per session.



If you are unsure if your child is a healthy weight, you can try the [Children's BMI calculator here](#). If you need support with your child's weight, please speak to your GP.  
You can also view our school [Supporting Families Padlet](#) for useful websites.