Grab N Go Resources and Activity Ideas: Eating Breakfast, November 2023

**Eating Breakfast Presentation - contact FNIHB**

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**Activity Ideas:**

* ***What’s In Your Breakfast Activity***. This activity is in a powerpoint presentation available on the Manitoab First Nation Diabetes Leadership Council website as part of this kit.
* ***Host a cooking or breakfast session*** with discussion around the importance of eating breakfast.
* ***5 Activities on Breakfast from Teach Nutrition, by Dairy Farmers of Canada***

A variety of resources to address the topic of breakfast in a fun way:

<https://teachnutrition.ca/en/quebec/educational-resources/products/5-activities-on-breakfast/>

**Video: Enjoying breakfast – Start the habit early:** <https://www.unlockfood.ca/en/Videos/Raising-our-Healthy-Kids/School-Aged-Children/Video-Enjoying-breakfast-%E2%80%93-Start-the-habit-early.aspx>

**Food Guide Videos:**

* Use Canada’s food guide plate to make any meal: <https://youtu.be/hknXiyFwUEA>
* Eat together using Canada’s food guide: <https://www.youtube.com/watch?v=9FG4d-2tECo>

**Web Based Resources:**

**Child Nutrition Council of Manitoba**

Educational booklets that include: nutritious recipes, breakfast and meal ideas and tips, and hands-on food and nutrition activities for all ages! These can be used at home or in the school environment.

<https://childnutritioncouncil.com/resources/fact-sheets/recipes/>

**Wake Up to Breakfast Everyday (Resource sheet/ Handout)**

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf>

**Unlock Food: Balanced Breakfast for Kids Article**

<https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Children%E2%80%99s-Nutrition-Raising-Healthy-Kids/Balanced-Breakfast-for-Kids.aspx>

**Unlock Food: Breakfast Recipes**

<https://www.unlockfood.ca/en/Recipes/Breakfast.aspx?page=1>

**Canada’s Food Guide**

<https://food-guide.canada.ca/en/>

To order a copy of Canada’s Food Guide: <https://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/180594?OpenDocument&lang=eng&>