Dear parents and children

We are a group of 3rd year Psychology students at the University of New South Wales. In an attempt to support and better our community, we have created a campaign targeting nutritional breakfast consumption for primary school children.

It’s considered to be the most important meal of the day but two thirds of Australian teachers report having children come to school hungry or without having eaten breakfast according to the 2015 Foodbank Australia Report. To put this in perspective, teachers estimate that this costs the average student more than 2 hours of learning a day when this happens and if a student arrived hungry to school once a week it would add up to a loss of a whole term of learning time over the course of a year.

According to a recent study, in Australia the average nutritional quality of breakfast for middle to high family income children received a score of 5.10 out of 10, and for low family income the average score was 4.88, signifying how even though parents are providing breakfast in most of instances there are far from meeting healthy standards.

Further, the major reasons for why children are showing up to school without having eaten breakfast or a breakfast that does not meet recommendations include that parents are unaware of what a healthy breakfast is, they just don’t get up early enough to prepare it or limited income and lack of healthy options at home.

This is why we have chosen these breakfasts, and are reaching out to you as parents. These breakfasts are nutritional, quick to prepare and can be prepared relatively independently. As a parent, it is important to encourage this behaviour and perhaps where time allows, such as on the weekend, have breakfast with your child or children.

Another way that you can encourage your child or children to make and have breakfasts is by showing them this video that we made of a year five student, Vivienne, who is preparing the meals listed below.

https://youtu.be/oSEyeDMYD3w

Children often feel like they are capable of something if they someone similar to them doing it, and are encouraged by others. Attached to this document is also three recipe cards – one for each recipe – that can be decorated!

If you would like more information or to organise an information session for you, your children and other children or parents, please don’t hesitate to contact us at steph22banner@gmail.com.

Light rye toast with avocado, tomato and ricotta

**Ingredients:** 2 slices of light rye or wholemeal bread, ½ an avocado, 1 tomato and ½ cup of low fat ricotta cheese

**Instructions:** Carefully toast bread. Spread avocado on the base, arrange sliced tomatoes and crumble ricotta on top.

**Safety:** Parents may need to assist in cutting avocado open and removing stone, however from here the child can scoop the avocado out on to the bread. A tomato can also be replaced with cherry tomatoes so that chopping is not required.

**Provides:** 2 serves of grains, 1 serve of dairy and 2 serves of vegetables

Fruit toast with strawberry and ricotta

**Ingredients:** 2 slices of wholemeal fruit bread, 8 strawberries, ½ cup of low fat ricotta

**Instructions:** Carefully toast bread. Crumble ricotta as the base, and arrange strawberries on top. For a sweet treat, drizzle a small amount of honey on top.

**Safety:** Parents may need to assist in cutting the tops from the strawberries, however this is generally possible with the use of a plastic or butter knife.

**Provides:** 2 serves of grains, 1 serve of fruit and 1 serve of dairy
Porridge with strawberry and banana

Ingredients: 1 no added sugar sachet of instant porridge, ½ cup low fat or skim milk, 4 strawberries and 1 banana

Instructions: Pour the sachet into the bowl and add milk. Microwave as instructed, which is generally 90 seconds but depends on the brand. Add banana and strawberries on top and stir through.

Safety: The bowl may be hot upon leaving the microwave, and so the child may need help removing it. Both bananas and strawberries can generally be cut with a plastic or bread knife.

Provides: 2 serves of grains, 1 serve of dairy, 1 ½ serves of fruit

<table>
<thead>
<tr>
<th>Children</th>
<th>Vegetables and legumes</th>
<th>Fruit</th>
<th>Grains (cereal)</th>
<th>Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans</th>
<th>Milk, yoghurt, cheese &amp; alternatives</th>
<th>Allowance for additional serves from any food group*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls 4-8 years</td>
<td>4.5</td>
<td>1.5</td>
<td>4</td>
<td>1.5</td>
<td>1.5</td>
<td>0.1</td>
</tr>
<tr>
<td>Girls 9-11 years</td>
<td>5</td>
<td>2</td>
<td>4</td>
<td>2.5</td>
<td>3</td>
<td>0.3</td>
</tr>
<tr>
<td>Boys 4-8 years</td>
<td>4.5</td>
<td>1.5</td>
<td>4</td>
<td>1.5</td>
<td>2</td>
<td>0.25</td>
</tr>
<tr>
<td>Boys 9-11 years</td>
<td>5</td>
<td>2</td>
<td>5</td>
<td>2.5</td>
<td>2.5</td>
<td>0.3</td>
</tr>
</tbody>
</table>


Further information as to what exactly constitutes a serve can also be found at the Government’s Eat for Health website (http://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes)


All images used in the recipe cards are creative commons.

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Warm porridge with strawberries and banana

Ingredients:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Instructions:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Safety tip! An adult may need to help with removing the hot bowl from the microwave and cutting the bananas and strawberries.
Wholemeal toast with tomato, avocado and ricotta

Ingredients:
- [ ]
- [ ]
- [ ]

Instructions:
- [ ]
- [ ]
- [ ]

Safety tip! An adult may need to help cut the avocado open, however from here you can scoop the avocado out. A tomato can also be replaced with cherry tomatoes so that chopping is not needed.

Wholemeal fruit toast with strawberries and ricotta

Ingredients:
- [ ]
- [ ]
- [ ]

Instructions:
- [ ]
- [ ]
- [ ]

Safety tip! An adult may need to help with the cutting the tops from the strawberries.