Breakfast is Best!



Eat Breakfast Everyday

- Eat breakfast to maintain a healthy weight.
- Skipping breakfast can lead to overeating later in the day.
- Eat breakfast for a supply of mental and physical energy.

Eat in the Morning

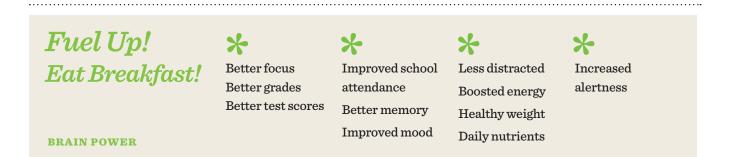
GET PLENTY OF SLEEP...

- Have your last meal or snack a few hours before bed.
- Tired kids are often not hungry. Sleep boosts energy levels and helps us focus.
- Children 5-12 years need 10 to 11 hours of sleep.
- Teens need 8.5 to 9.5 hours of sleep.
- Eat before school and have a mid-morning snack.

Get More Information at Hawaii5210.Org

Energy & Brain Power!

Builds Better Bodies! Fuel for School!



HAWAII 5210 LET'S GO! VISIT OUR WEBSITE WWW.HAWAII5210.ORG FOR ADDITIONAL RESOURCES.