

## Skipping Breakfast ??



Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But

skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts or grab breakfast at school. These are easy to grab on the way out the door or can be prepared the night before:

- ❖ single servings of whole-grain, low-sugar cereal
- ❖ yogurt
- ❖ fresh fruit
- ❖ whole-grain muffin
- ❖ trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal
- ❖ cottage cheese and fruit
- ❖ Breakfast at school!!

If you would like more information on healthy breakfast ideas please visit:

[www.kidshealth.org](http://www.kidshealth.org)

## *February is...*

- American Heart Month
- National African American History Month
- National Cherry Month
- Ground Hog's Day – 2<sup>nd</sup>
- Valentine's Day – 14<sup>th</sup>
- Leap Year Day – 29<sup>th</sup>

## **Brain Buzz?**



**Q:** Do you think you can catch the flu or a cold from going outdoors in cold weather?

**A:** The flu and colds are more common in the winter months because that is when the viruses spread across the country. It has nothing to do with being outside in cold weather. So the answer is **NO**, you can not catch a cold from going outdoors in cold weather.

## *Awesome Applesauce!*



**Prep time:** 10 minutes

### **Ingredients:**

- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

### **Directions:**

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.
4. Enjoy your awesome applesauce!

**Serves:** 2

**Serving size:** 1 bowl (half the recipe)