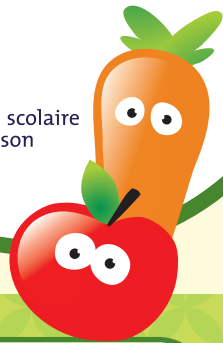


5 HEALTHY STEPS TOWARDS A SUCCESSFUL YEAR!

Lester B. Pearson
School Board



Commission scolaire
Lester-B.-Pearson



A healthy lifestyle includes nutritious food, being active and getting enough rest. Together with your child, you can develop healthy habits that will support their academic success. Check out the tips to help you achieve this goal.

Step 1

FUEL UP - Eat Breakfast!

Use our breakfast ideas to give your child a boost of energy to start the day!

- Try overnight oats. Mix oatmeal, yogurt and fruit!
- Dip whole grain toast strips in unsweetened applesauce and drink a glass of milk.
- Eat a whole grain pita pocket stuffed with scrambled eggs, salsa and cheese.
- Bake a bran muffin and enjoy it with a fruit and piece of cheese.
- Make a smoothie! Be creative - mix fruits and vegetables.

Step 2

Pack a Healthy Lunch Box

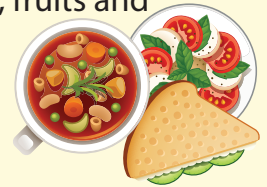
Make it a team activity,
pack it together with your child!

Use the
right tools



Make it a complete lunch by including protein rich foods, whole grain foods, fruits and vegetables according to CFG

Flavor water with
some fruits and herbs



Make it exciting
add a sticker, note or
special napkin



SAMPLE LUNCH MENU

Monday

Cubed ham and
cheese, carrot
sticks and dip,
apple, whole
grain crackers



Tuesday

Egg sandwich
topped with
fresh spinach on
whole grain
bread, cherry
tomatoes,
banana



Wednesday

Hummus and
cucumber wrap,
colored pepper
slices, berries



Thursday

Vegetarian Chili
made with
beans and
quinoa in a
thermos, corn,
orange slices



Friday

Vegetarian pizza
on a whole
grain english
muffin, lentil
and vegetable
salad, sliced kiwi



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Step 3

Send Nutritious Snacks

Refuel throughout the day!

- Fresh or frozen fruit
- Raw vegetables and dip
- Whole grain crisps with salsa and hummus
- Piece of cheese
- Plain popcorn
- Mix plain and flavored yogurt
- Fresh or roasted edamame



Step 4

Be Active Daily

Children need 180 minutes of physical activity per day. Get moving with these ideas:



Swim!



Rake!



Go to the park!



Ride your bike!



Dance!



Walk the dog!

Step 5

Rest and Repeat!

- ★ Children need 10-13 hours of sleep throughout the day
- ★ Be consistent with bedtimes and wake up times
- ★ Avoid screen time before bed and in the bedroom
- ★ Have a calming bedtime routine



Challenge yourself...

TRY A NEW FOOD
AS A FAMILY!