

# Kids Cafe Newsletter



**JANUARY  
2025**

## Nutrition Notes

**BREAKFAST.** It literally means "to break the fast" that your body has been in throughout the night. There are many benefits of eating breakfast:

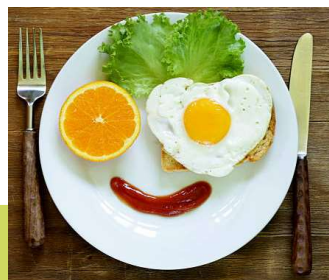
- It boosts the body's metabolism by waking the GI system.
- It provides energy to a body that has been without food for many hours.
- It can help with weight maintenance.
- It offers an opportunity to give the body nutrients to keep you healthy and moving.

Breakfast has great benefits for children too!

- Improved behavior
- Increased cognitive function
- Improved performance in school
- Healthier weights into adolescents and into adulthood

Fortunately, your Head Start center serves a balanced and nourishing breakfast to all of it's children. A balanced breakfast includes:

- Whole grains and/or meat and protein
- Fruit
- Milk

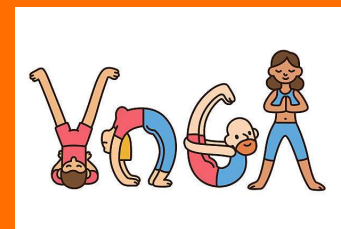


## Movement Matters

Morning yoga is one relaxing way to wake your muscles and get ready for the day. It can also be a relaxing and fun exercise for children. Yoga includes stretching, muscle strengthening, balancing, and deep breathing.

Incorporate yoga and learning with your children by showing them how to make letters of the alphabet with your body. Say the letter, hold a pose that looks like that letter, and then take a deep breath. Release and repeat with the next letter.

Your child will be learning, moving, and having fun all at the same time!



**"There has never been a sadness that can't be cured by breakfast food" -Ron Swanson**



## Exploring Eggs- What's inside an Egg?

Eggs are a common breakfast food, that can also be included in some really fun learning activities. Before cracking your morning breakfast into a skillet, have some learning fun with your child.

Turn all of the lights off so that the room is dark. Turn a flashlight on and hold it against the egg. Talk to your child about what they see. If it's a store-bought egg, the light will shine through the egg. If it's a fertile egg with a chick inside, the egg will be dark.

Now crack the egg open in a bowl or in the skillet and talk to your child about what they see. What colors do they see? What shapes do they see? Which is bigger: the white part, or the yellow part?

## Recipe of the Month Egg Muffins

### Ingredients:

- 9 Eggs
- 7 Asparagus Spears
- 2 Roma Tomatoes
- 2 Green Onions
- 4 oz can Mushrooms
- 1/2 cup Monterrey Jack Cheese, shredded
- Salt & Pepper to taste



## Kids in the Kitchen

Children as young as 3 can learn to start cracking eggs. They may need to be guided with your hand over theirs at first, but by this age they are big enough to start helping you crack eggs into a bowl.

Have them wash their hands before helping. After cracker, allow your child to fish out any shells that fell in. They are learning about their food through play and being provided with a sensory activity all at the same time!

After cracking, let them watch you cook it! They are sure to want to at least take a small bite!

### Instructions:

1. Preheat oven to 350 degrees F. Coat a cupcake tin with cooking spray.
2. Measure eggs into a medium-size bowl.
3. Chop asparagus, tomatoes, and green onions into 1/4 inch pieces, and add to eggs.
4. Add mushrooms and cheese to eggs. Mix well.
5. Pour mixture evenly into 12 cupcake tins. Bake for 12- 15 minutes or until a toothpick inserted in middle comes out clean.
6. Store in airtight container in refrigerator for up to 7 days. Reheat in microwave for 90 seconds or until internal temperature reaches 165 degrees F.

For questions or information,  
contact your Head Start  
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