

Breakfast Time

at

Marley's House





Once upon a time, there were two darling children. Their names were Danny and Marley.

Danny and Marley were brother and sister and liked to play together.

One of Marley's favorite things to do was to help her dad fix breakfast.



Every morning, Marley would get up early with her dad and help him cook a nice healthy breakfast like pancakes with strawberries, eggs and cheese on toast, and cereal with bananas and milk.

But the funny thing about Marley is that even though she helped her dad fix breakfast, Marley didn't like to eat it!

When they got the breakfast ready, Marley and her brother Danny, and her dad would sit down at the kitchen table to eat.





Danny was always excited to see all of the healthy breakfast food on his plate in the morning. In fact, breakfast was his favorite meal of the day! He loved to eat all of the yummy food and wash it down with a cold glass of juice or milk.



Marley never seemed to eat breakfast with her dad and brother Danny.

You see, Marley was very sneaky...When she was helping her dad fix breakfast, she would grab cookies, potato chips, and candy and eat while her dad wasn't looking.

By the time breakfast was ready, Marley wasn't hungry anymore, because she was so full of the yellow light foods.

Instead of eating breakfast, Marley offered to wash the dishes instead.

After breakfast, Danny and Marley grabbed their backpacks and raced off to school.

Danny had so much energy that he ran down the street, the healthy breakfast gave him energy to study in school and play basketball in PE.





As Marley got to the end of the block, she was so tired and decided to walk the rest of the way.

In the morning, as Marley's teacher began to read a story, Marley laid her head down on her desk to listen, but guess what she did? She went to sleep! This did not make her teacher happy and Marley felt silly when she woke up.



During PE, Marley had a headache and didn't want to play soccer with her friends, she just wanted to sit down and rest. By lunch time, Marley was not feeling very well, she was very grumpy and tired.

What do you think is wrong with Marley?

That afternoon, Mr. Goodhealth talked to Marley's class about the importance of eating breakfast.

He explained how our bodies need healthy food to wake them up and get them going after a long night without food.

He told the class that our brains do not work very well when our bodies do not eat the right foods in the morning.



***Does anyone remember
what Marley was eating in
the morning?***

**Now Marley understood
why she did not feel very
well in the morning,
remember she would sneak
the yellow light foods while
she was helping her dad fix
breakfast.**



Breakfast is Brain Fuel!



The very next day, Marley decided she would eat the healthy breakfast she helped her dad fix, and she and Danny raced off to school for a fun, healthy day with plenty of energy to learn and play.