

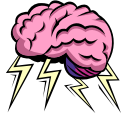
- JR. CHEF CLUB -

NEWS PARENTS CAN USE

Lesson 4

Breakfast

Eggs w/ Veggies



Breakfast is Brain Food!

Did you know that when Jr. Chefs eat breakfast they do better in school? Breakfast eaters....

- Concentrate better
- Make fewer mistakes
- Do better on tests
- Are tardy or absent less often

How can breakfast do all that? It feeds the brain, providing much-needed energy after a long night of rest. The body uses up the fuel from last night's dinner and needs more food to get going in the morning.

Eggs Please



Eggs are rich in protein that your child's body needs for growing. However, one egg yolk has 5 grams of fat and quite a bit of cholesterol. So mix one whole egg with several egg whites to get plenty of protein with just a little fat and cholesterol.

Eggs may contain harmful bacteria. To be safe, handle eggs carefully:

- ✓ Keep refrigerated in the carton.
- ✓ Never eat raw eggs in any food.
- ✓ Cook thoroughly, no runny yolks.
- ✓ Wash hands and utensils that touch raw eggs.

Low-Sugar Breakfast Cereals

For good health, help your child choose cereals with 5 grams of sugar or less per serving, as shown below. Add fresh, frozen or dried fruit to sweeten it. Too much sugar can cause tooth decay and crowd out more nutritious foods.

Cereal	Amount	Grams of Sugar
Oatmeal, cooked	1 cup	1 gram
Cheerios	1 cup	1 gram
Kix	1-1/3 cup	2 grams
Crispix	1 cup	3 grams
Wheaties	1 cup	4 grams
Corn flakes	1 cup	2 grams
Total	3/4 cup	5 grams
Rice Krispies	1-1/4 cups	3 grams
Chex, corn,	1 cup	3 grams
wheat or rice	1-1/4 cups	2, 3 grams

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Eggs w/Veggies

Breakfast for Jr. Chefs

Today your Jr. Chef learned how to make scrambled eggs with vegetables. You can use any veggies you have on hand—be creative!



Scrambled Eggs with Veggies

Serves 1

- 1 egg
- 1 tablespoon chopped tomatoes or red bell pepper
- 2 spinach leaves or broccoli florets, chopped
- 1 tablespoon grated, reduced-fat cheese
- Salt and pepper to taste
- Vegetable oil cooking spray

Directions:

1. In a shallow bowl, beat egg with a wire whisk or fork until foamy.
2. Stir in chosen vegetables, salt, and pepper into egg mixture.
3. Lightly spray skillet with cooking spray.
4. Pour egg mixture into skillet. Cook over medium heat, stirring often.
5. Once egg is cooked thoroughly, sprinkle with cheese and serve.

Extra Eggs?

- If you end up with leftover scrambled eggs, put them into a shallow container and refrigerate immediately. Use within a day or two.

- To reheat eggs, pop them into a microwave and heat until steamy.
- Put eggs into a tortilla and roll up for a delicious egg wrap.

Fun Additions

Buying locally grown and produced food supports your community's farmers, saves natural resources, and gives you the freshest products possible.

- ★ Visit a farmers market and talk with local producers—ask them how they grow their products
- ★ Take your Jr. Chef on a field trip. Visit a farm or a dairy. Many communities have special harvest festivals in the fall.
- ★ Find a book in the library about raising chickens. Read it with your Jr. Chef.

Wise with Words

These words were used today; they may be new to your Jr. Chef. Help your child use them in a sentence.

- Sugar budget
- Salmonella

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 EXTENSION

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office. Rev. 3/06