

Fruit and vegetables provide vitamins, minerals, dietary fibre and secondary plant substances.

As part of the EU School Fruit and Vegetable Programme, Lower Saxony provides children with a portion of fruit and/or vegetables three days a week free of charge. They experience how tasty fruit and vegetables are and learn that both should be an integral part of their diet.

Alternatives to bread at break-time

- ▶ Finger food is popular and practical. For a change, how about a fruit or vegetable skewer with bite-sized pieces of different seasonal vegetables or fruits?
- ▶ Instead of a sandwich or a roll, a tortilla spread thinly with sour cream or cream cheese topped with lettuce, raw vegetables and cold meat/cheese and rolled up as a wrap is also suitable.
- ▶ Vegetable strips are especially delicious with a yoghurt, cream cheese or herby quark dip.
- ▶ A handful of dried fruit and/or unsalted nuts are a great addition to the break-time snack.



! Further tips

- ▶ It is better to prepare the break-time snack yourself rather than giving your children money for the school kiosk.
- ▶ Buy a reusable box and an unbreakable, water-tight drinking bottle. The children can label them or decorate them with stickers. This helps to avoid extra rubbish.
- ▶ “Children’s food” that is available to buy is largely superfluous. It often contains too much fat, sugar and additives.
- ▶ If time is tight in the morning you can prepare the snack the evening before and keep it in the fridge for the following day.
- ▶ Involve your children in putting the snack together and let them choose between two or three suggestions. It will taste much better.
- ▶ Food should also be a feast for the eyes. Cut sandwiches into shapes such as triangles or circles.
- ▶ Sweets are better left at home. Although they give the body quick energy through the fat and sugar they contain, energy levels drops just as quickly again –even below the normal level. They are also bad for the teeth.

Fragen richten Sie an:

Niedersächsisches Ministerium für Ernährung,
Landwirtschaft und Verbraucherschutz

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Abenteuer Frühstück



Elterninformation für ein gesundes Schulfrühstück



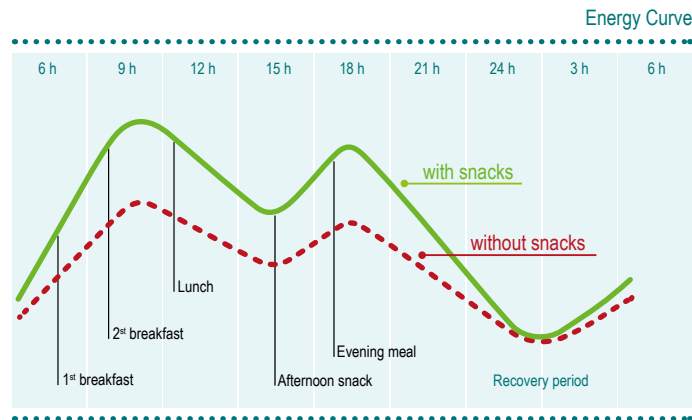
**Niedersächsisches Ministerium
für Ernährung, Landwirtschaft
und Verbraucherschutz**

Dear Parents,



Proper nutrition has an enormous impact on your child's ability to concentrate and work at school. Children are on the go all day. To make sure that they do not "run out of steam" they need

to eat regularly. Breakfast is the most important meal because the body can replenish its energy stores, that are empty from the night before. With a good breakfast they can start the day strengthened and pay attention in class. It is best if you eat breakfast together with your children in the morning and then give them a nutritious breaktime snack to take with them. A glance at the energy curve shows that this gives them sufficient pre-lunch break energy.



Your children don't feel hungry first thing in the morning? That doesn't matter – in that case make their break-time snack more substantial.

Children are still growing and gaining weight and need to eat more than adults in proportion to their body size. This makes an adequate supply of energy, vitamins and minerals particularly important.

Children often get insufficient amounts of the following nutrients. Foods containing these should be included in the child's diet:

▶ **Folic acid** is involved in cell division and the formation of new cells. This is important for growth. Leafy vegetables such as lamb's lettuce and wholemeal products contain folic acid.

▶ **Vitamin D** and **calcium** play an important role in bone metabolism and the development of a healthy skeleton. Vitamin D is formed in the skin as a result of exposure to sunlight and is found in fatty fish such as salmon

and herring and in egg yolk and milk. Calcium is found, for example, in milk and dairy products such as cheese, and also in mineral water.

▶ As a component of the thyroid hormones, sufficient **iodine** is important for growth regulation. Sea fish such as tuna or pickled herring are rich in iodine; it is also supplied by milk and eggs.

▶ **Iron**, a component of red blood cells, ensures the transport of oxygen in the blood. Girls have a higher need after puberty. Meat and sausages are good sources of iron, but wholemeal products and dried apricots also contain iron.

Components of an ideal break-time snack

The right choice of food provides energy for the school day. Choose a food from each of the coloured boxes and combine them as a packed snack for school – and that's all you need for a well-balanced break time snack. Change the selection daily; there are no limits to your creativity.



Bread

- ▶ Wholemeal bread/roll
- ▶ Brown bread
- ▶ Pita bread
- ▶ Crispbread
- ▶ Wholemeal rice cake
- ▶ Pretzel/pretzel bread-stick
- ▶ Wholemeal toast

The advantage of wholemeal products: dietary fibres ensure constant blood sugar levels and an even energy supply. They also provide vitamins and minerals.



Topping (on thinly spread butter/margarine/cream cheese/quark)

- ▶ 1 slice low-fat cold meat/sausage (e.g. turkey breast, bierschinken, ham)
- ▶ 1 slice of cheese (e.g. Edam, Gouda, full fat cheese, mozzarella, Camembert, Tilsit, feta)
- ▶ Vegetarian spread (e.g. tomato, herbs, paprika)
- ▶ Lettuce leaf, chives, parsley, cress



Milk and dairy products

- ▶ Semi-skimmed milk (1.5% fat)
- ▶ Plain yoghurt, 1.5-1.8% fat, possibly with fresh fruit
- ▶ Quark, max. 20% fat, possibly with fresh fruit
- ▶ Unsweetened milk shake from semi-skimmed milk
- ▶ Buttermilk

Milk and dairy products are easily perishable and must be prepared hygienically and kept cool. Homemade dairy products with fruits are best eaten quickly or taken to school in a separate container.



Fruit (fresh according to the season and with no added sugar, e.g.)

- ▶ Apple
- ▶ Pear
- ▶ Banana
- ▶ Pineapple
- ▶ Grapes
- ▶ Plums
- ▶ Mandarin
- ▶ Nectarine
- ▶ Strawberries / raspberries / blackberries / black currants / blueberries
- ▶ Apricots

Fruit cut into small pieces gets eaten much faster.



Vegetables (fresh, according to the season, cut into small pieces or strips, e.g.)

- ▶ Small tomatoes (e.g. cherry tomatoes)
- ▶ Carrots
- ▶ Radishes
- ▶ Bell pepper
- ▶ Cucumber
- ▶ Kohlrabi
- ▶ Olives
- ▶ Lettuces
- ▶ (May) turnip
- ▶ Radish

Faces made of small pieces of raw vegetables pep up sandwiches optically



Drinks – unsweetened

- ▶ Water / mineral water
- ▶ Fruit / herbal tea
- ▶ Rooibos tea