**Tasty toast take home letter**

Dear parent/carer

We have been talking about how important it is to have something to eat and drink for breakfast every day. We have been exploring different toppings that can be added to toast. We tasted a range of toppings and topped our own toast!

To encourage the children to have something healthy to eat and drink at breakfast time, please help your child fill out this breakfast diary for a week. If your child eats breakfast somewhere other than home, encourage them to tell you what they eat and drink each day and note it on the chart.

Each day your child has breakfast, allow them to colour in a star. At the end of the week, review the diary.

Praise your child where they have had something to eat and drink for breakfast.

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| **Day** | **Breakfast** |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |
| **Saturday** |  |
| **Sunday** |  |