

# Setting a positive breakfast atmosphere



As part of a healthy lifestyle, it is as important to adopt a balanced diet as it is to promote a pleasant atmosphere around the activity of sharing a meal. Here are a few tips and tricks to foster a positive atmosphere around food and thus promote the development of healthy lifestyle habits among students.

## ENCOURAGE A CALM ENVIRONMENT

At breakfast time, encourage a relaxed atmosphere by inviting students to enjoy their meal in a quiet environment, without imposing silence. You can also play soft music to make the mealtime relaxing.

## DISCUSS WITH STUDENTS

Engage students in discussion on a variety of topics. Mealtime is a good time to talk about the previous day's educational activities!



## ENCOURAGE STUDENTS TO REDUCE THEIR SCREEN TIME

Turn cell phones and computers off during breakfast. This will make it more likely for students to connect with each other and focus on their meal. Also, encourage them to listen to their hunger and satiety cues.

## ENCOURAGE STUDENTS TO EAT TOGETHER

Turn cell phones and computers off during breakfast. This will make it more likely for students to connect with each other and focus on their meal. Also, encourage them to listen to their hunger and satiety cues.



Implementing these strategies is an effective way to promote healthy lifestyles and make breakfast an enjoyable time to start the day physically and mentally!