

# ***BREAKFAST IS IMPERATIVE***

*It is very obvious when a student has not eaten breakfast. They poop out half way through the lesson.*

Please encourage your students to consume a balanced breakfast before their ski day. If breakfast is really not their thing, ensure they have brought a substantial snack to eat on the journey to Hallis Lake. We do not usually incorporate snack breaks into the lesson structure.

## **BEST BREAKFASTS FOR ACTIVE SKIERS!!**

Eggs and whole grain toast and orange juice

Whole grain hot cereal, such as oatmeal, with blueberries or other fruit

Toast and peanut (or other nut) butter with a banana

French toast with fruit, cream cheese

Fruit, yogurt and muffin

Breakfast burrito

Homemade Smoothie: Yogurt, banana, orange juice, other fruit in blender

Apple and cheese

Fruit juices, not punch

Milk: soy, cow

*Please ask each student to bring a filled water bottle. Skiers will be very thirsty at the end of their lesson.*