

Breakfast.....A Great Way to Start the Day !



Breakfast...A Great Way to Start the Day



Children who eat breakfast in the morning
feel better throughout the day

- ❖ Children who are hungry are more likely to visit the school nurse's office with stomach ache and headache complaints resulting in missed time in the classroom.

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Children who eat breakfast in the morning show improved academic performance !

- ❖ Children who eat breakfast show improved attention, memory and cognitive function.
- ❖ Children perform better on tests of vocabulary and matching figures after eating breakfast.
- ❖ Children who eat breakfast score higher in math, work faster, and make fewer mistakes in their work.

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- ❖ Children who eat breakfast show improved concentration, alertness, and comprehension.



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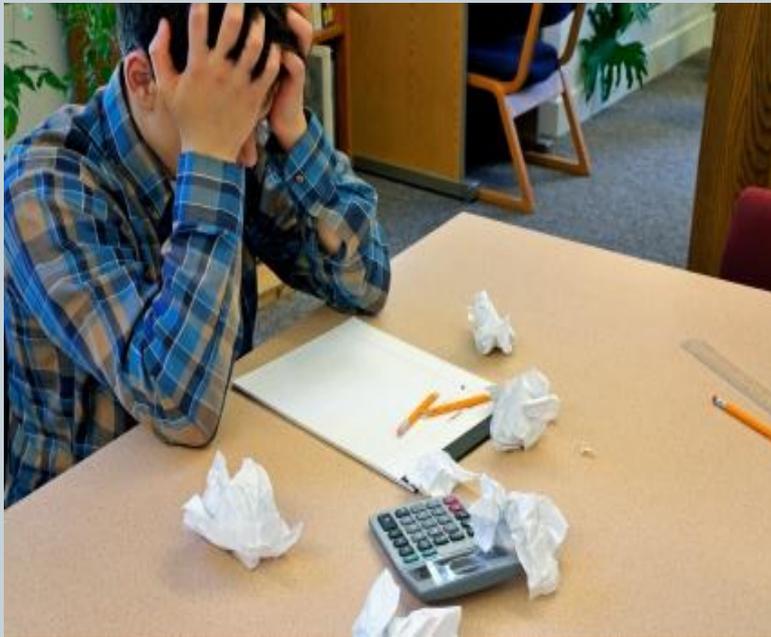
Children who skip breakfast in the morning
may struggle academically

- ❖ Children who are hungry are more likely to be hyperactive and struggle with behavior and attention problems





- ❖ Many studies show that teens experiencing hunger are more likely to be suspended from school and have difficulty getting along with other children



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Children who eat breakfast in the morning
tend to have an overall healthier diet !!

- ❖ Studies also show that children who skip breakfast often consume more calories throughout the day and are more likely to be overweight.
- ❖ Children who skip breakfast are so hungry by lunch time that they tend to overeat through the day and choose high calorie foods for snacks.

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Breakfast Foods for Brain Power

- ❖ Choose foods that are high in whole grains and fiberthese include foods like whole grain waffles, cereals, muffins and breads.
- ❖ Choose foods that are high in protein.....these include low fat dairy products like milk and yogurt, lean meats, eggs, beans, and nuts (including nut butters).
- ❖ Choose fresh fruits and vegetables.....these include bananas, apples, oranges, cantaloupe, carrots, peppers

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Participate in the School Breakfast Program.....

- ❖ Breakfast is offered every day from 8:20 – 8:40 am in the school cafeteria for all students
- ❖ A wide variety of healthy, nutritious foods are offered each day
- ❖ Students who qualify for free or reduced lunch automatically qualify for free or reduced breakfast
- ❖ Breakfast Cost.....\$1.00
reduced cost..... .30

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- ❖ Children can join their friends for a happy and nutritious start to the day



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...Or Make Breakfast at home

- ❖ Stock your kitchen with healthy breakfast choices
- ❖ Make the morning go smoothly by getting things ready at night...plan breakfast, set dishes out, cut up fruit and vegetables
- ❖ Have “eat-on-the-run” items available for days you may run late (fresh fruit, granola bars, yogurt, cereal in zip-loc bags, 100% juice boxes)
- ❖ Set the alarm early enough to allow time for breakfast

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- ❖ Give the whole family a healthy start to the day

