

Wake Up To School Breakfast

March 7th - 11th, 2016



Activity Sheets
Nutrition education activity sheets for fun!



Each Day we will provide educational cards for the students on a new nutrition topic!



Encourage your student to participate in the grade race!

School breakfast for better health

School breakfast provides a sunny, energizing start to the day for your students

3 Benefits of the School Breakfast Program:

1

School breakfast program meals meet federal dietary guidelines

2

It's a healthy and affordable way for kids to start the day with a boost

3

There is an established connection between eating a balanced breakfast and academic success

Rise and Shine for Breakfast

Breakfast plays a vital role in health. For young minds to have a jumpstart they need breakfast is essential.

In 2005 the Journal of the Academy of Nutrition and Dietetics reviewed 22 studies and found that students who participated in school breakfast showed connections to improvement in test grades, memory, psychosocial function, school attendance, and mood. (Reference: Journal of the Academy of Nutrition and Dietetics, Dec 2014 supplement 3)

Regularly having a quality breakfast that includes whole grains, fresh fruits, and quality protein sources can help students build a better day.

Breakfast fuels the mind and provides energy to muscles to help your student be more active and productive.

Breakfast is served every morning and your child's School. The breakfast offers them a variety of fruits, milk, and whole grains each day along with meat/meat alternatives and optional vegetables. Each child has the freedom to chose what they would prefer, and the school nutrition center makes certain that each item they can choose from provides a balanced breakfast.

