

BREAKFAST IS BRAIN FOOD

Children who eat breakfast have improved concentration, alertness, comprehension, memory and learning. Eating breakfast contributes to academic success!



Whether you opt for a simple breakfast or a more elaborate one, any effort to make it nutritious is better than no breakfast at all. Here are breakfast-made-easier tips to overcome some of the most common barriers:

- Schedule bed time early
- Schedule enough time for breakfast
- Fix breakfast before bedtime
- Prepare Grab-and-go breakfast
- Participate in School Breakfast Program

Benefits of eating breakfast:

- Better memory
- Increased focus
- Increased productivity
- Better test scores
- Better attention span
- Healthier body weight
- Improved overall nutrition

School Breakfast is a healthy and affordable way for children to start the day.

Why Teens Say No to Breakfast

Children of all ages have many excuses for skipping breakfast. Many older teens are busy until late into the night with homework, extracurricular activities, and part-time jobs. They go to bed late, then get up and rush off to school, too frantic to eat.

According to the National Sleep Foundation, some teens may be unable to fall asleep until 11pm, then awaken later in the morning. Their biological schedule often doesn't match the one set by schools. When that happens, most kids would rather snooze an extra 15 minutes than get up for a bowl of cereal.

Teens skip breakfast because they are:

- Not getting enough sleep
- Waking up too tired
- Trying to control weight gain



The truth is teens are often in a hurry. If there is no time for them to have a breakfast at home, a grab-and-go breakfast item is an option.

Keep these options available for teens:

Fresh or dried fruits

Dry cereal

Granola bars

Breakfast at school is ideal.

Be sure there is \$\$\$ in their school meal account.

National School Breakfast Week

March 6-10, 2017

School Breakfast Challenge



The 2017 National School Breakfast Week (NSBW) theme “*Take the School Breakfast Challenge*” encourages students, staff and school officials to increase their participation in school breakfast. This week highlights how eating a nutritious breakfast helps students fuel up for success in the classroom and beyond. The resources in the toolkit will help you reach different audiences and your NSBW goals.

For more information, visit

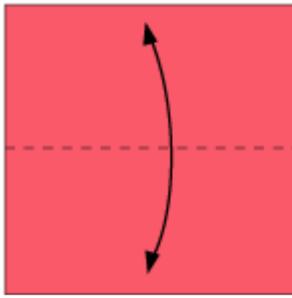
<http://schoolnutrition.org/Meetings/Events/NSBW/2017/getstarted/>

References:

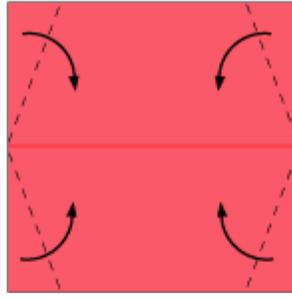
<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Breakfast-for-Learning.aspx>

Healthy Children Magazine, Summer/Back to School 2009

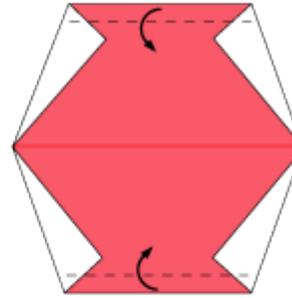
<http://schoolnutrition.org/Meetings/Events/NSBW/2017/getstarted/>



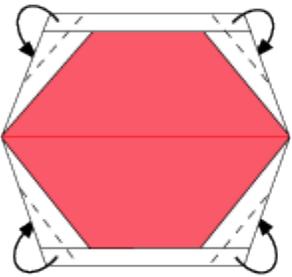
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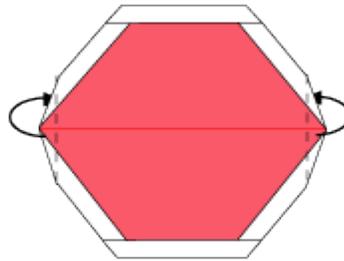
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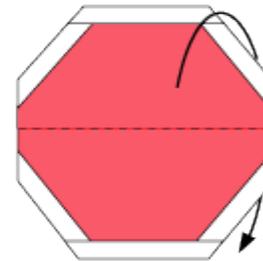
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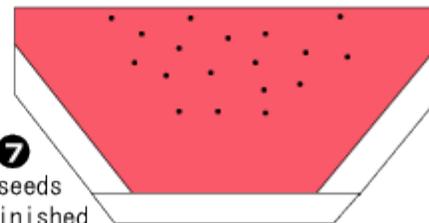
4 Fold backward in the dotted lines



5 Fold backward in the dotted lines

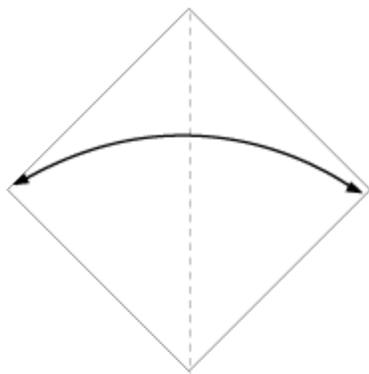


6 Fold in half

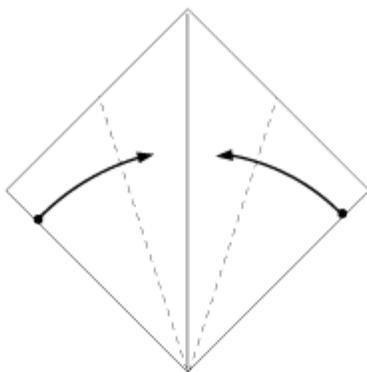


7 Draw seeds and finished

A Water Melon



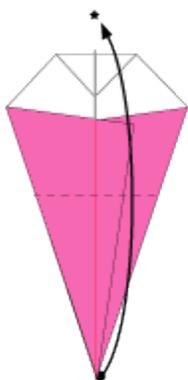
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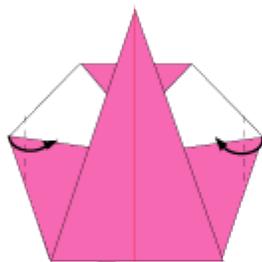
2 Fold in the dotted lines
Fold forward in the dotted line



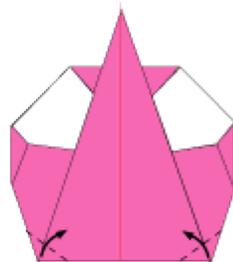
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4 Lift up to ★
and fold



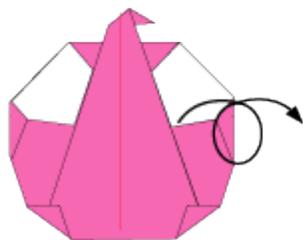
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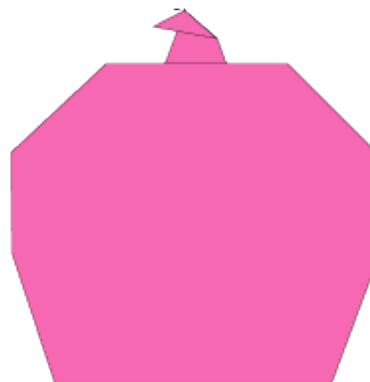
6 Fold forward in
the dotted line



7 Fold backward in
the dotted lines



8 Turn over



9 Finished

An Apple