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Breakfast Improves Academic Achievement and Behavior

“Eat your breakfast. It’s the most important meal of the day!”

Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Why is breakfast the most important meal of the day?

Breakfast means 'break the fast', as the previous meal is typically 8-10 hours before waking up in the morning. Breakfast is important in refueling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behavior difficulties in the school environment.

Why is breakfast important for children?

Breakfast provides children with energy and essential nutrients, including iron, calcium and vitamins B and C, which are necessary for growth, development and good health. Children who eat breakfast each day are much more likely to meet their daily nutritional requirements, as a good quality breakfast can provide a child with up to a third of their daily nutrient needs.

Children who don't eat breakfast may not make up for the nutrients not consumed within the rest of the day's intake. Eating breakfast can also reduce the risk of overweight and/or obesity, as breakfast is often replaced by

mid-morning snacks that tend to be high in fat, sugar and salt. Skipping breakfast can also lead to over eating throughout the rest of the day, increasing the risk of becoming overweight or obese.

Stop by the cafeteria before going to class each morning to get your fuel to keep your going every morning!

See you there!

FREE TO ALL STUDENTS!



Why breakfast???

- Improves children's classroom performance, including better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases behavior problems, tardiness and visits to the school nurse
- Increases attendance rates

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Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy avail-

able to their muscles. Breakfast can improve behavior and mood, as children have better concentration and aren't tired or hungry.

