Eating Breakfast Improves Learning!

Is a healthy breakfast important to good learning? **YES!**

Research has shown that children who regularly eat breakfast:

- Learn better (and have improved memory)
- Achieve more (better standardized test scores)
- Participate in class more often (increased attention)
- Attend school more often (less absences and tardiness)
- Visit the school nurse less often

What makes a good breakfast for children? **EASY IDEAS!**

- Monday—Oatmeal topped with raisins, glass of low fat milk
- Tuesday—Breakfast wrap: whole wheat tortilla, spread with peanut butter & topped with banana slices; 100% orange juice.
- Wednesday—Multi grain bagel with melted cheese, glass of low fat milk.
- Thursday—Egg McMuffin and 100% orange juice
- Friday—Yogurt with granola; low fat chocolate milk

Kids Can Cook!

Learning to cook helps kids to learn about nutrition and healthy eating. They are accomplishing a task, learning something important and contributing to the family. Cooking teaches planning and making choices. Try this recipe for a weekend breakfast or snack time—enjoy making it with your kids!

**Fruitic Tootie Smoothie (2 servings)**

1 banana, peeled
3/4 cup pineapple juice
1/2 cup low fat vanilla yogurt
1/2 cup juice packed canned fruit (drained)

Put in blender and blend until smooth.
Serve immediately

Parents Corner:

“How can I help my child be fit & healthy?”

Being fit is a way of saying a person eats well, gets a lot of exercise and has a healthy weight. Parents are great role models for kids when it comes to living a healthy lifestyle.

5 Fit & Healthy Family Tips

- Eat a variety of foods, especially fruits and vegetables.
- Drink water & low fat milk most often
- Listen to your body—if you skip breakfast, how do you feel?
- Limit screen time (TV, video games)
- Be active every day
Words of Wisdom: Eat Your Greens

Leafy Greens Make the Grade!

Many leafy green vegetables are excellent sources of vitamins A and C and contribute calcium, iron, fiber and other nutrients. The federal government's National Cancer Institute reports that foods rich in vitamins A and C have been associated with the reduced risk of certain cancers.

Greens are very low in calories and sodium. For instance, once cup of chopped raw spinach has just 14 calories! A 1/2 cup of cooked collards has just 38 calories! All greens are free of fat and cholesterol.

Top 5 Reasons Why Leafy Greens Will Rock Your Body
1. High in Calcium
2. High in Vitamin E
3. High in Vitamin C
4. High in Fiber
5. Low in Calories

Banana Crossword Fun

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ACROSS

4. Bananas require warm tropical sun, rich soil, and lots of ______
9. Bananas are harvested when they’re ______
17. One banana counts as one serving of your 5 A ______
25. Bananas grow in _________ areas

DOWN

1. _________ are the most popular fruit in America
2. Bananas do NOT grow on ______
3. Bananas were probably the first ______ farmed by man
22. Bananas are a good source of vitamin C, ______ and potassium
26. Store bananas at ______ temperature

Spinach Omelet
2 teaspoons olive oil
2 cups spinach
Salt and pepper
3 eggs, beaten with ½ teaspoon chopped chives

In small nonstick skillet, heat 1 teaspoon oil, add the spinach and cook until it is wilted. Season with salt & pepper. Then move spinach to a plate.

Add the 2nd teaspoon of oil to the pan, pour in the eggs. Tilt the pan to spread them out, then cook over medium heat until they are set. Season with a pinch of salt & pepper.

Add the cooked spinach to half of the cooked eggs. Fold the eggs over to make it a rolled or folded omelet.

Serves 2!