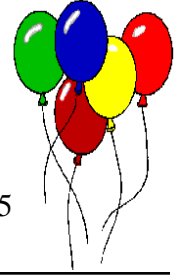




NUTRI-NEWS



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"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Children, Nutrition and Learning

Does nutrition really impact a child's readiness to learn? On many levels it surely does. Let's first begin with **breakfast**. Many children leave each day for school without breakfast. It is estimated that approximately, **48% of girls and 32% of boys do not eat breakfast daily**. Why is breakfast so important? The body needs glucose or blood sugar for energy. If one does not eat breakfast by mid-morning their blood sugar will drop and they will have less ability to concentrate on class work. Also, research points to the fact that breakfast eaters generally perform better on tests, have better school attendance, less stomach aches by mid-morning, higher calcium intakes and are less likely to be overweight. Research also shows that children who skip breakfast rarely make up for the missing nutrients later in the day. What's not to love about breakfast??

Iron deficiency can also impact brain function leading to poor behavior, difficulty concentrating and poor performance in school.

Children in poverty are more likely to suffer from malnutrition which is linked to improper growth, poor mental development and decreased concentration on schoolwork.

Undernutrition is difficult to pinpoint and may not be due to economic reasons but poor meal choices in general.

Fit kids are more likely to have the energy and self-esteem to be good learners.

Kids in the Kitchen

Here are some quick, nutritious meals for the AM. Enjoy!!

- Iron fortified cold cereal with low fat milk and juice or fruit
- Hot instant oatmeal with fruit/low fat milk
- Peanut butter on whole wheat toast
- Granola with strawberry yogurt on top
- Cheese slices melted or served with whole wheat toast

Fitness Forum

Do you know which winter outdoor activity burns the most calories? Place these activities from highest to lowest.

- | | |
|----------------------|----------|
| Snow shoveling | 1. _____ |
| Downhill skiing | 2. _____ |
| Cross-country skiing | 3. _____ |
| Ice skating | 4. _____ |

Answers below.

Test Your Nutri IQ

A new fun addition to nutrition education for children on the web is "**Fizzy's Lunch Lab**" located at www.PBSKIDSGO.org/lunchlab. The site is devoted to parents and kids bringing them together to plan healthy meals and snacks while providing suggestions on outdoor activities and recipes. One of our favorite sites!!

(Answers to above quiz: (for a 155 lb person per 30 minutes) 1. Cross-country skiing—298; 2. Ice skating—260; 3-4 Tied—snow shoveling and downhill skiing—223 calories each.

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