



Give Your Students a Smart Start with Breakfast in the Classroom

Dear Educator,

Kids who eat breakfast attend 1.5 more days of school on average and have been shown to score up to 17.5% higher on tests. In addition, eating breakfast every day is associated with a lower BMI which often lowers the likelihood of children developing childhood obesity. Perhaps most importantly, students who eat breakfast daily are 20% more likely to graduate from high school.

In support of National Nutrition Month in March, the American Dairy Association North East (ADANE), and Share Our Strength together with the curriculum specialists at Young Minds Inspired (YMI), have developed the **Smart Start** program to help students and parents learn about the importance of eating a healthy school breakfast available in the classroom each and every day.

This teaching kit includes a series of engaging activities and lessons which will teach students why it's so important to start their day by eating breakfast. There is also a take-home letter which explains the positive role that breakfast plays in school performance and why eating breakfast in school can lead to long-term success.

We encourage you to share this resource with other teachers at your school. Although the materials are copyrighted, you may make as many copies as you need for educational purposes.

Please let us know your opinion of this program by responding through the feedback form at www.ymiclassroom.com/feedback-breakfast-nnm. We depend on your comments and ideas to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief, Young Minds Inspired

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Target Audience

- Elementary students

Program Objectives

- **Reinforce** the concept that eating breakfast can lead to success in school
- **Encourage** students to eat the healthy breakfast that is available every day in their school
- **Educate** parents/guardians about the importance of breakfast and its availability every day in schools

Program Components

- A 4-page downloadable guide including one teacher instruction page, two activity sheets, and one take-home letter

How to Use This Program

Download and photocopy the program materials. Before beginning the activities, tell students that eating breakfast in the classroom every day is fun and it's a nutritious way to do better in school. Explain that students who eat school breakfast are more likely to:

- Do better in reading and math
- Be able to concentrate better
- Stay alert in class
- Remember what they learn
- Take an active part in class activities
- Keep a healthy weight
- Eat more fruits, dairy and whole grains daily—all are a requirement of the school breakfast program

Activity 1 We Are Breakfast All-Stars!

Have students color in one point of the five-pointed star each time they eat breakfast in the classroom during the week. At the end of the week, they can draw a picture of their favorite breakfast item and then cut out their stars to create a Breakfast All-Stars display in class.

Activity 2 Be a Breakfast Inspector!

Hand out a fresh copy of the activity sheet each day of the week. Ask students to use the nutrition facts information on their in-class breakfast items and keep score to calculate the nutritional value of every day's breakfast. Tabulate all the information at the end of the week and use it as a basis for graphing activities.

Resources

- American Dairy Association North East
www.dairyspot.com/welcome-american-dairy-association-north-east/
- National Nutrition Month
www.eatright.org/resources/national-nutrition-month
- Share Our Strength
<https://bestpractices.nokidhungry.org/school-breakfast>
- Ymiclassroom.com



Activity
1

Reproducible Master

We Are Breakfast All-Stars!



Congratulations on taking part in the National Nutrition Month All-Star Challenge! Each time you eat breakfast in the classroom this week, color in one point of the star below. At the end of the week, draw a picture of your favorite breakfast in the middle. When your star is complete, cut it out and post it on the Breakfast All-Stars display in class.

Name _____



Did you know that students who eat breakfast every day remember more of what they learn? And they do better in math and science?



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Activity 2

Reproducible Master

Be a Breakfast Inspector!



Did you know that eating a healthy breakfast every day fuels you up for success in school? That's why we're asking you to take part in the National Nutrition Month All-Star Challenge!

Inspect the nutrition facts information on your in-class breakfast items each day for a week. See how healthy your breakfast is. Keep score on this activity sheet to calculate the nutritional value of every day's breakfast.

Day _____

Breakfast item(s)	Calories	Fiber	Calcium
	Total _____	Total _____	Total _____

After breakfast I felt _____



Did you know that students who eat a healthy breakfast are more alert in class? And can concentrate better?





Give Kids a Smart Start with Breakfast in the Classroom

Dear Parents and Guardians,

Did you know that kids who eat breakfast at school are 20% more likely to graduate from high school than students who don't eat breakfast? In addition, students who eat breakfast at school have been shown to score up to 17.5% higher on math tests as well.

The **Breakfast in the Classroom** program makes it possible for all elementary school children to receive a nutritious breakfast every day. Help us celebrate National Nutrition Month in March by having your child participate in our Breakfast in the Classroom program every day this week and every week this semester.

To help make **Breakfast in the Classroom** even more fun, the American Dairy Association North East (ADANE) and Share Our Strength have created the **Smart Start** educational program, with learning activities that motivate students to eat breakfast every day and explain why eating breakfast is so important to good health and success in school.

Talk with your child about the importance of eating a nutritious breakfast at school each day. Ask them if they notice a difference in how they feel each morning that they eat breakfast at school. Do they have more energy? Can they concentrate better? Remind your child that students who eat breakfast at school every day have been shown to have greater long-term success in school. That's why **Breakfast in the Classroom** is a smart start to every school day!

Sincerely,

