



Congratulations On Giving Your Students a Smart Start With Breakfast In the Classroom

Dear DC Educator,

National School Breakfast week is March 6-10, 2017. Why is this important? Because 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 School Breakfast Week, the American Dairy Association North East (ADANE), and DC Hunger Solutions 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. 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!

To begin, have students color in one point of a five-pointed star each time they eat breakfast in the classroom during National School Breakfast 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 School Breakfast Week
<https://healthymeals.fns.usda.gov/features-month/march/national-school-breakfast-week>
- Ymiclassroom.com



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