



Start smart.

BREAKFAST AFTER THE BELL



Finish smarter.

DEAR EDUCATOR,

Breakfast After the Bell is a proven, successful program that encourages your students to eat a healthful school breakfast every day.

Eating a nutritious breakfast has been proven to lead to greater success in school including:

- **GRADUATION RATES** – Boosted by 20%
- **MATH TEST SCORES** – Increased by 17.5%
- **ATTENDANCE** – Improved by 1.5 fewer absences per student per year
- **STUDENT FOCUS** – Ability to help every child concentrate on lessons, not hunger

Plus the foods served in school come from all food groups and offer a wide variety of tasty choices.

To support this effort, the American Dairy Association North East (ADANE), together with the award-winning curriculum specialists at Young Minds Inspired (YMI), have developed materials that help students (and parents) learn the importance of eating a healthful school breakfast every school day.

Breakfast After the Bell includes a fun and informative classroom activity that teaches students why eating a healthful school breakfast every day is a recipe for success in school. There is also a take-home letter explaining the positive role that breakfast plays in school performance, positive attitude, and achievement.

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 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.

 is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.



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TARGET AUDIENCE

- Middle and junior high students in health and homeroom classes

PROGRAM OBJECTIVES

- **Reinforce** the concept that eating school breakfast can lead to success in school
- **Encourage** students to eat a healthful school breakfast every day
- **Educate** parents/guardians about the importance of school breakfast and the variety of healthful foods available every day in schools

PROGRAM COMPONENTS

- A 3-page downloadable guide including one teacher instruction page, one activity sheet, and one take-home letter

HOW TO USE THIS PROGRAM

Download and photocopy the **Breakfast After the Bell** materials. Be sure to send home the parent letter at the same time to encourage parental support. It's important for everyone to know that the USDA nutrition standards for school meals have improved. Now,

- Fruits and vegetables are offered daily.
- There are more whole grains.
- Fat-free or low-fat milk varieties are offered daily.
- Calorie limits have been developed by grade level.
- There are limits on saturated fat, trans fats and sodium.

Before beginning the activities, tell students that eating breakfast in school every day is a recipe for success. Explain that students who eat a healthful school breakfast are more likely to have better nutritional

intake, achieve higher test scores, and have less absenteeism. For more details, go to breakfasteveryday.org.

Classroom Activity BREAKFAST AFTER THE BELL

Start by discussing the five foods groups that contribute to a healthful diet—low-fat dairy; fruits; vegetables; grains; proteins — meat, fish, and eggs are just a few examples of protein foods that might be part of a school breakfast. For more information on each of these food groups, go to www.choosemyplate.gov. Explain that studies have shown that students who eat a healthful breakfast get better grades and are absent less often. Then hand out the **Breakfast After the Bell** Challenge sheet, and tell students that each day for one week they should check off whether they included low-fat milk dairy foods (i.e. milk, yogurt, cheese), whole grains, vegetables, and fruit in their breakfast selections. Have them write in their favorite breakfast item each day and rate it by filling in one to five emojis. For Part 2, encourage students to create their own school breakfast menus using milk, cheese, and/or yogurt. For example: a toasted English muffin with sliced cheese and a strawberry yogurt parfait. Choose several of the best menus to share with food service staff and encourage them to incorporate some of the students' ideas into their breakfast offerings. You can also upload your students' menu ideas at ymiclassroom.com/adane-breakfast.

RESOURCES

- American Dairy Association North East
www.dairyspot.com
- Breakfast After the Bell
breakfasteveryday.org
- ymiclassroom.com



BREAKFAST AFTER THE BELL



Classroom Activity | Reproducible Master

PART 1: Want a recipe for success in school this year? Start by making sure you eat a healthful school breakfast each and every day. That includes low-fat dairy foods (i.e. milk, cheese, yogurt), whole grains, fruit and vegetables.

Use this chart to see how you're doing each day for one week. After your in-school breakfast each day, check off the food groups you included in your food selections. Then, in the bottom row, write your favorite school breakfast item and rate it by filling in one to five emojis



	OCT. 9	OCT. 10	OCT. 11	OCT. 12	OCT. 13
LOW-FAT DAIRY					
WHOLE GRAINS					
VEGETABLES					
FRUIT					
FAVORITE FOOD					

PART 2: Here's your chance to be creative! Write your own healthful **Breakfast After the Bell** menu using low-fat dairy products such as milk, cheese, and/or yogurt. Then share your menu with classmates and your school's food service staff, or upload it at ymiclassroom.com/adane-breakfast.

My **BREAKFAST AFTER THE BELL** Menu



DID YOU KNOW that students who eat breakfast have greater success in school including:

- **Graduation Rates** – Boosted by 20%
- **Math Test Scores** – Increased by 17.5%
- **Attendance** – Improved by 1.5 fewer absences per student per year
- **Student Focus** – Ability to help every child concentrate on lessons, not hunger



AMERICAN DAIRY ASSOCIATION

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Reproducible Master

DEAR PARENTS AND GUARDIANS,

Breakfast After the Bell is a proven, successful program that ensures your child will have a healthful school breakfast every day.

Eating a nutritious school breakfast has been proven to lead to greater success in school including:

- **Graduation Rates** – Boosted by 20%
- **Math Test Scores** – Increased by 17.5%
- **Attendance** – Improved by 1.5 fewer absences per student per year
- **Student Focus** – Ability to help every child concentrate on lessons, not hunger

The United States Department of Agriculture (USDA) has improved nutritional standards for breakfast served at your child's school. Now,

- Fruits and vegetables are offered daily.
- There are more whole grains.
- Fat-free or low-fat milk varieties are offered daily.
- Calorie limits have been developed by grade level.
- There are limits on saturated fat, trans fats and sodium.

We're trying to make **Breakfast After the Bell** more fun and impactful for students. That's why the American Dairy Association North East (ADANE) has created educational materials that motivate students to eat a healthful school breakfast every day, including low-fat dairy.

Talk with your child about the importance of eating a nutritious breakfast at school. Ask them if they notice a difference in how they feel after breakfast each day. Do they have more energy? Can they concentrate better? Remind your child that students who eat breakfast at school every day have been shown greater success in school.

Sincerely,



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

