Middle School Activity | Reproducible Master

RAISE A GLASS TO STUDENT SUCCESS!

National School Breakfast week is March 5-9, so it's time to celebrate all the ways eating a healthful breakfast each day helps you succeed in school.

PART 1 Did you know that eating a healthful school breakfast every day can help you do better in school? Keep you more alert? Focus better? Get higher test scores? See how the breakfast you're eating during National School Breakfast week is helping you. Fill out the chart below with what you ate each day and how you felt.

	MARCH 5	MARCH 6	MARCH 7	MARCH 8	MARCH 9
Low-fat dairy					
Whole grains					
Vegetables					
Fruit					
How I felt					

PART 2 Now, on the back of this sheet, write a *Raise a Glass to Student Success* toast featuring the benefits of eating breakfast, including milk and other dairy products, every day. Here's some information to help you.*

Students who eat school breakfast every day:

- ✓ Perform better on standardized tests in spelling, reading, and math
- ✓ Achieve greater academic success, especially in math
- ✓ Have improved attendance, behavior, and academic performance as well as less tardiness
- ✓ Show improved cognitive function, attention, and memory
- ✓ React better to frustration
- ✓ Eat foods that meet or exceed standards for important vitamins and minerals such as vitamin C, Vitamin A, calcium, and phosphorous.
- ✓ Are healthier and have a lower probability of obesity

Now, raise a container of milk and share your breakfast toasts in class. Take a selfie that shows your whole class wearing milk mustaches. Ask your teacher to send your selfie to http://ymiclassroom.com/nsbw-photos.

*Food Research & Action Center, www.frac.org

YOUR MILK COMES FROM A GOOD PLACE
AMERICAN DAIRY ASSOCIATION NORTH EAST
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Maryland Hunger Solutions
Ending hunger and promoting well-being

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