

## DEAR EDUCATOR,

This year, celebrate National School Breakfast Week, March 4-8, and help every student grab success with Breakfast After the Bell, the proven, successful program that encourages all students to eat a healthful school breakfast every day. Eating breakfast, including a wide variety of dairy products, improves academic success, provides essential vitamins and minerals, and helps prevent childhood obesity.

Breakfast After the Bell removes obstacles to learning. Studies show that students who eat a nutritious school breakfast:

- perform better on standardized tests.
- have higher spelling, reading, and math scores.
- show improved attendance, behavior, and decreased tardiness.
- demonstrate greater concentration, comprehension, alertness, and memory.
- have greater intake of fiber, calcium, iron, vitamin C and lower intake of fat, cholesterol, and sodium.

To support National School Breakfast Week, the American Dairy Association North East (ADANE), together with the award-winning curriculum specialists at Young Minds Inspired (YMI), have developed **Breakfast and Learning: It's a Package Deal**, a fun health education program that helps students learn the importance of eating a healthful school breakfast every day.

The program includes separate activities for elementary and secondary school students that you can use in class to reinforce the lesson that Breakfast After the Bell plays a crucial role in school performance and long-term success.

Please share this resource with other teachers at your school. Although the materials are copyrighted, you may make copies for educational purposes. Please let us know your opinion of this program by responding through the feedback form at [ymiclassroom.com/feedback-breakfast](http://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,



Andrea Thompson, MS, CDN  
Senior VP of Youth Programs  
American Dairy Association North East



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

 Questions? Contact us toll-free at 1-800-859-8005

# Breakfast and Learning:

# Diploma

## It's a package deal.



## Help Every Student Grab Success

### TARGET AUDIENCE

- Elementary and secondary school students

### PROGRAM OBJECTIVES

- Encourage students to eat a healthful school breakfast every day
- Educate students on how eating breakfast leads to academic success

### PROGRAM COMPONENTS

This 3-page downloadable teaching kit, includes one teacher instruction page, one elementary activity, and one secondary school activity.

### HOW TO USE THIS PROGRAM

Download and photocopy the program materials. Introduce the program by telling students that March 4-8 is National School Breakfast Week. Remind them that there are many important reasons to eat a healthful school breakfast every day. For example, breakfast can help them:\*

- Do well on tests, particularly math
- Concentrate
- Stay alert in class
- Participate in class activities
- Have a healthy weight
- Eat more fruits, dairy, and whole grains — key to staying healthy
- Be sick less often

### ELEMENTARY ACTIVITY

#### **BREAKFAST AND LEARNING: IT'S A PACKAGE DEAL.**

Begin this activity by having students pair up and draw a picture of their partner with a milk mustache and a container of milk. Then encourage students to use the chart in Part 2 to check off the food groups they eat at breakfast each day during National School Breakfast Week. Conclude the week with a class photo of your students in support of the benefits of school breakfast.

### SECONDARY SCHOOL ACTIVITY

#### **BREAKFAST AND LEARNING: IT'S A PACKAGE DEAL.**

This healthy breakfast challenge asks students to record what they eat at breakfast every day during National School Breakfast Week, with a goal to choose healthy foods. Students also take notes on how they feel after eating breakfast — Did they have more energy? Did they focus better? In Part 2, students write a paragraph, poem, song, rap, or rhyme featuring the benefits of eating breakfast, including milk and other dairy foods, every day. Have students use the callouts on the sheet to highlight how eating breakfast every day contributes to success in school. Conclude the week with a class photo of your students in support of the benefits of school breakfast.



### RESOURCES

- American Dairy Association North East [www.americandairy.com/dairy-in-schools/](http://www.americandairy.com/dairy-in-schools/)
- National School Breakfast Week [www.fns.usda.gov/tn/sbp-materials](http://www.fns.usda.gov/tn/sbp-materials)
- \*Food Research & Action Center [www.frac.org/programs/school-breakfast-program](http://www.frac.org/programs/school-breakfast-program)
- [ymiclassroom.com](http://ymiclassroom.com)



AMERICAN DAIRY  
ASSOCIATION  
NORTH EAST

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Success  
starts  
early!  
With Breakfast  
After the Bell.



# BREAKFAST AND LEARNING: IT'S A PACKAGE DEAL.

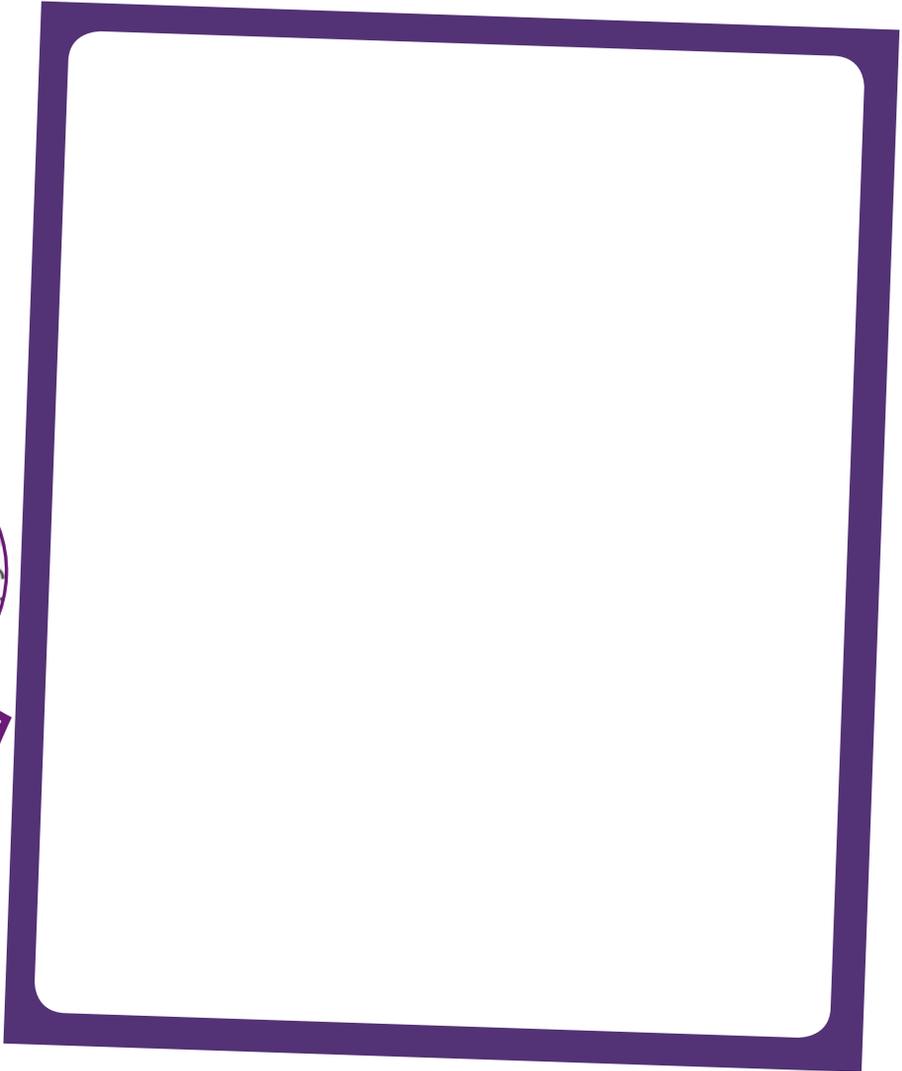
National School Breakfast week is March 4-8, so it's time to celebrate all the ways eating a healthful breakfast each day helps you succeed in school.

**PART 1** Did you know that students who eat breakfast, including milk and other dairy products:

- ✓ Do better in spelling, reading, and math.
- ✓ Miss less school.
- ✓ Pay attention more.
- ✓ Are healthier.



Use this space (or the back of this sheet) to draw a picture of your partner with a milk container and a milk mustache.



**PART 2** What's on your school breakfast menu this week? Use this chart to track the healthful foods you eat for breakfast each day, including milk and other dairy products. In the bottom row, list your favorite school breakfast item and rate it by filling in one to five emojis.

	MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
Low-fat dairy					
Whole grains					
Vegetables					
Fruit					
Favorite food					





Secondary School Activity | Reproducible Master

# BREAKFAST AND LEARNING: IT'S A PACKAGE DEAL.

National School Breakfast week is March 4-8, 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 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
Low-fat dairy					
Whole grains					
Vegetables					
Fruit					
How I felt					

**PART 2** Now, on the back of this sheet, write a paragraph, poem, song, rap, or rhyme 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 share your breakfast write-ups in class!

\*Food Research & Action Center, [www.frac.org](http://www.frac.org)



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