

# NUTRITION AND LEARNING

Children who eat more nutritious meals have more energy, stamina and self-esteem, all of which improve their ability to learn.

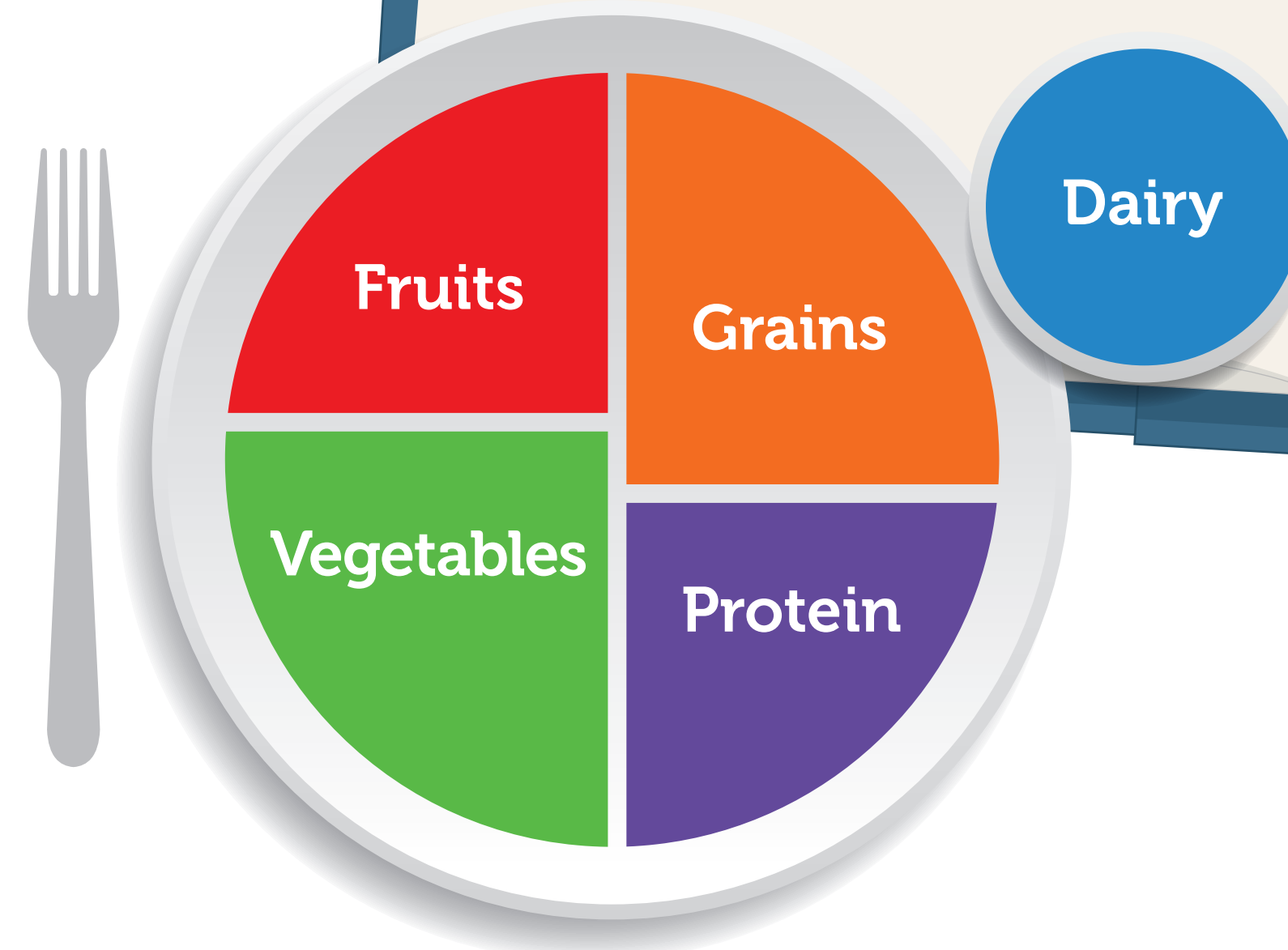
## Start the day with breakfast.

Skipping breakfast leaves the brain without energy to learn. Children who eat breakfast tend to do better in school and other morning activities.

## Refuel with lunch.

School lunches meet about one-third of a child's nutrition needs.

If you pack your child's lunch, follow MyPlate guidelines and include something from each food group.



## Well-nourished children tend to be:

- More physically active
- More curious
- More attentive
- More independent
- More social
- Less uneasy or nervous
- Less tired
- Less likely to get sick

## Try these nutrient-packed breakfast ideas:

- Whole-grain cereal or oatmeal topped with fruit and milk
- Breakfast smoothie made with milk and fruit
- Whole-grain toast with peanut butter and milk
- Scrambled eggs with shredded cheese and whole-grain toast
- Leftovers from last night's dinner



## Give kids an after-school boost

Keep easy snacks on hand, such as:

- Ready-to-eat fruits and vegetables
- Whole-grain crackers and cheese
- Popcorn
- Whole-grain cereal
- Low-fat milk and yogurt
- Trail mix with dried fruit and nuts