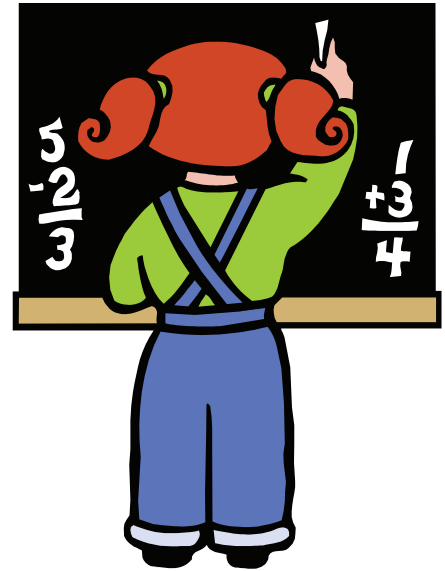


Breakfast Helps You To be a Better Student

Did you know that eating a morning meal does make a difference in how well you do in school?

Boys and girls who eat breakfast:

- Concentrate better
- Work math problems better
- Have more energy
- Are healthier
- Attend more days of school
- Have much higher intakes of nutrients from food
- Have fewer behavioral problems



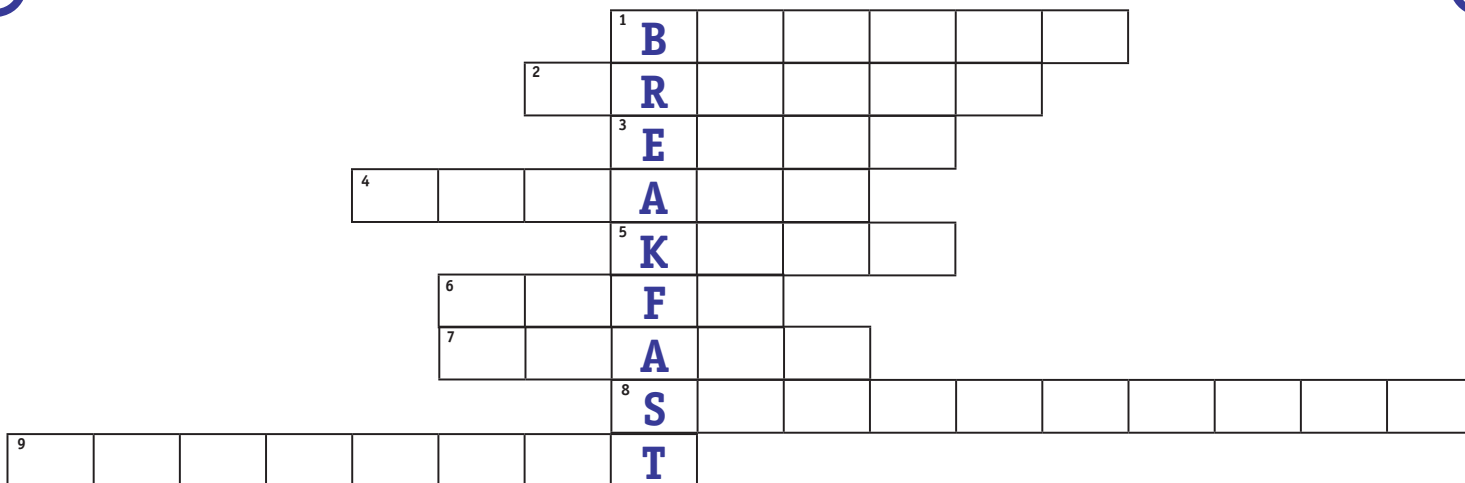
A Quick and Nutritious Breakfast Pattern

Fruit or 100% fruit juice
Fortified cereal
Skim milk
Cheese toast

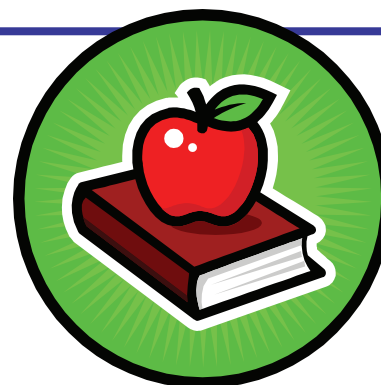


Eat breakfast with your family.

Boys and girls who eat with their families eat more nutritious food than they eat when eating alone. Help prepare breakfast, even if you need to get the cereal and dishes out the night before. If you don't eat breakfast at home, eat breakfast at school. Eating in the School Breakfast Program increases the chance that boys and girls will eat breakfast.



1. What is this yellow fruit?
2. What citrus fruit is this?
3. What does chicken hatch?
4. This nut is grown in Louisiana and is used in a pie.
5. There is bird by the same name as this fruit.
6. It is made from soybeans and does not have much flavor.
7. This fruit has fuzz on it.
8. There is a festival in Ponchatoula for this berry every spring.
9. This vegetable is purple.



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