



# Michigan Nutrition Standards ~ November 2011

## Morning ~ Part 2



### Breakfast = Achievement

- Fewer mistakes and faster work in math and number checking
- Improved test results, memory and verbal skills
- Improvement on mental tasks and reaction to frustration
- Improved speed and memory on cognitive tests

### Breakfast = Better Behavior

- Decreased behavioral and psychological problems
- Fewer discipline problems and school nurses' visits
- Lower rates of absence and tardiness

### Breakfast = Better Nutrition and Healthier Weights

- Children who have breakfast at school eat more fruit, drink more milk, and eat a wider variety of food.
- Better nutrient intakes than skippers
  - More nutrients, vitamins, and minerals (calcium, fiber, folate and protein)
- Breakfast eaters are significantly less likely to be overweight

### National School Breakfast Week

March 5-9, 2012

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### 2. Team Effort

## BRAG A BIT

MICHIGAN NUTRITION STANDARDS TOOLKIT

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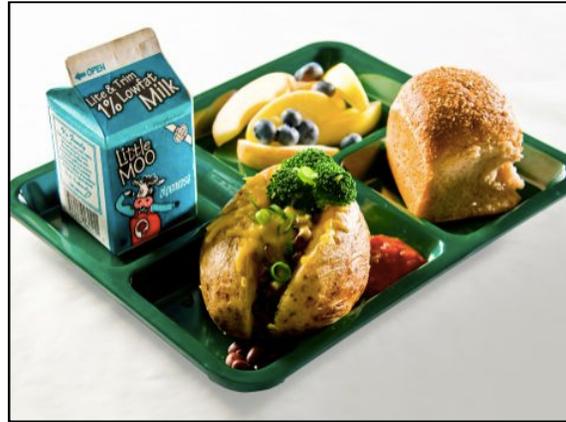
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4. Around School  
*Penguin Dance*

MICHIGAN NUTRITION STANDARDS TOOLKIT

A graphic on a yellow background with a soccer ball, a fish, and a slice of bread.

Making **HEALTHY FUN**

A target graphic with 'Family' in the center, 'School' in the middle ring, and 'Community' in the outer ring. To the right is a movie poster for 'HAPPY FEET 2'.

Making **HEALTHY FUN**

A target graphic with 'Family' in the center, 'School' in the middle ring, and 'Community' in the outer ring. To the right is a photo of children at a birthday party.

Making **HEALTHY FUN**

A target graphic with 'Family' in the center, 'School' in the middle ring, and 'Community' in the outer ring. To the right is a photo of children in a kitchen.

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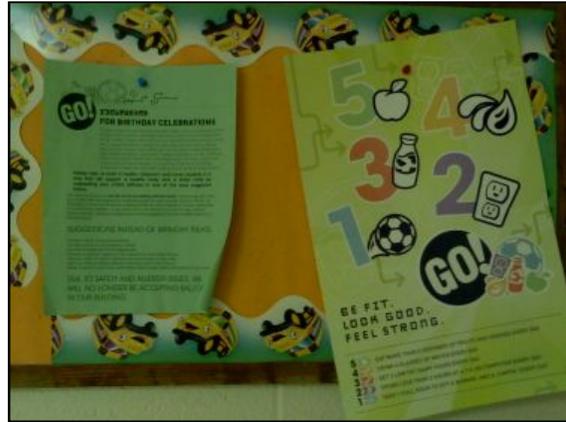
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