



THE LINK BETWEEN NUTRITION AND ACADEMIC ACHIEVEMENT

Implementing the *Michigan Nutrition Standards* is one way to assure there are nutritious food and beverages offered to children while they are at school. Children's bodies and brains are continuously growing throughout elementary, middle and high school. Nutrition plays a critical role in their lives and their education.

Students that are well nourished are ready to learn. Many studies have been done that link nutrition and academic success.⁷⁻⁹ Studies point to making sure students are not starting the school day hungry. They also highlight the need to provide meals that include specific nutrients essential to improving academics. To optimize their academic potential, children need essential nutrients such as vitamins, minerals, proteins, and fat from their diet. Many children are not getting enough of these nutrients from their current diet. Students that have better diet quality such as more fruits and vegetables and lower total fat, have improved academic performance.¹⁰ When students are hungry and under nourished their school performance is affected.¹¹⁻¹³

WHAT TO EXPECT OF A HUNGRY STUDENT:

- Slower memory recall
- Hyperactive and attention problems
- In high school, more likely to be suspended and have trouble getting along with others
- Lower math scores
- More likely to repeat a grade

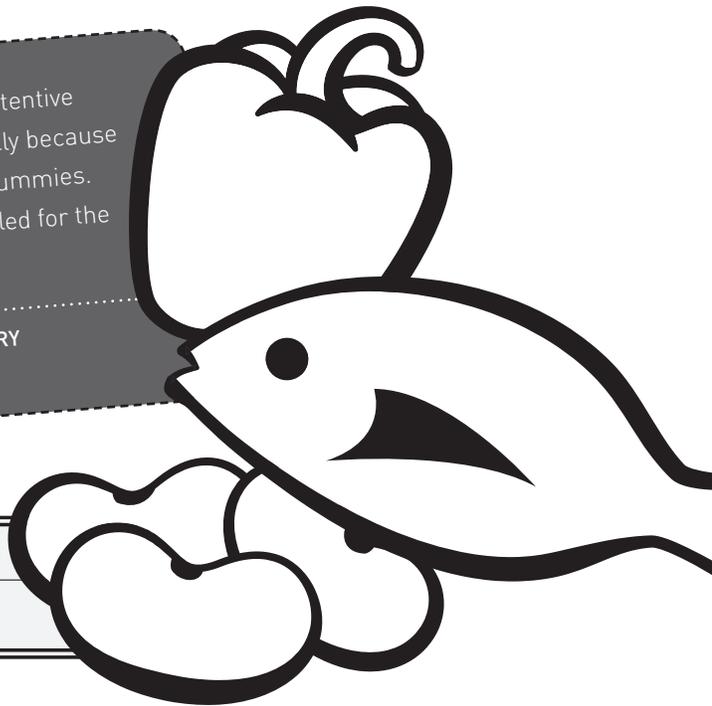
Lower test scores, low academic performance, and behavior issues have been shown in children with poor iron and protein intakes.^{14,15} By implementing the *Michigan Nutrition Standards*, schools will be offering nutrient rich foods for students throughout the school campus that can contribute to their academic success. This research helps support the need for schools to implement the *Michigan Nutrition Standards*.

"I love the breakfast program. My students are much more attentive during learning times. They are also doing better academically because of this improved attention and less distraction from hungry tummies. They do not bicker in the mornings when we are getting settled for the day because they are focused on eating breakfast."

PAM BABCOCK, FIFTH GRADE TEACHER, PINE AVENUE ELEMENTARY

NOURISH (VERB)

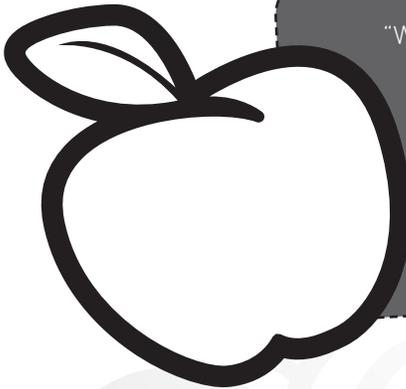
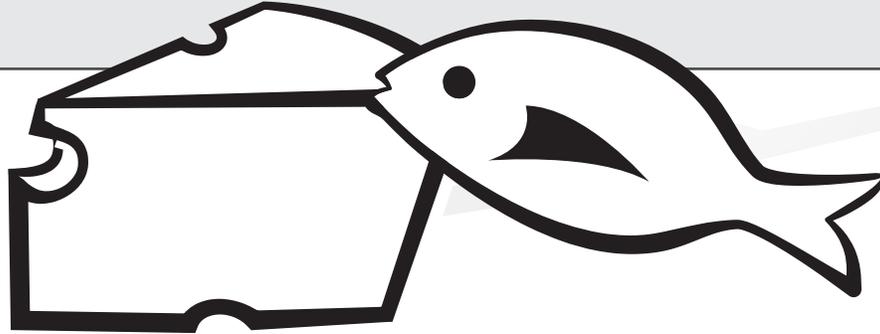
to promote the growth of





DID YOU KNOW?

- American children ages 2-18 are eating 40% of their daily calories from “empty calories,” like sugar sweetened beverages and desserts.¹⁶
- 92% of girls ages 9-18 do not get enough calcium from what they eat and drink.
- 75% of children 6-19 do not eat enough fruit every day.¹⁷
- Only 13.8% of high school students eat enough vegetables every day.¹⁸
- 65% of Michigan high school students skipped breakfast at least one day a week.¹⁸



“We have the data to show that students who eat healthier and move more learn better. The State Board of Education recognizes this important link and acted, proudly passing more policies in school health than any other area in the past 12 years.”

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KATHLEEN STRAUS,
MICHIGAN STATE BOARD OF EDUCATION, FORMER BOARD PRESIDENT

