



*Promoting Learning by  
Creating Healthy Habits  
that will last a Lifetime!*

# School Nutrition And Fitness dot com



## National School Breakfast Week—March 8-12



Breakfast Provides BIG Benefits...  
Make it a Priority!

See how Dorinda Eubanks, Nutrition Director in Galena Park ISD, Tx is using her website to get the word out and promote breakfast!

[Galena Park Student Nutrition Department](#)

Learn how you can too at ...  
[www.SchoolNutritionAndFitness.com](http://www.SchoolNutritionAndFitness.com)

**Higher Test Scores.** Research has proven that children who eat breakfast have higher math and reading scores.

**Better Learning.** Students learn best when they have eaten a good breakfast.

**Improved Attendance.** Studies show students who eat breakfast are absent and tardy less often.

**Fewer Trips to the School Nurse.** When students eat breakfast, nurses report fewer hunger related office visits.

**Improved Classroom Behavior.** Students are better able to pay attention in class when they have eaten breakfast and Principals confirm that they see fewer discipline problems when students have eaten breakfast.

**More Time on Learning.** When students have eaten, they are better able to concentrate and behave in class allowing teachers to spend more time on teaching and less time on discipline.

## Health-Wise

### Prevent or Reduce Obesity with Physical Activity & Appropriate Caloric Intake

The prevalence of overweight & obesity among children and adolescents in the United States is alarming. Youths ages 6-17 years has more than doubled in the past 30 years; leading to elevated blood cholesterol levels and high blood pressure, and can include respiratory disorders, orthopedic conditions, and hyperinsulinemia. Obese children and adolescents are often excluded from peer groups, discriminated against, experience psychological stress, have a poor body image and low self-esteem. Insure that your district Wellness Policy promotes strategies for increasing physical activity among young persons.

## Physical Activity—the other half of Health & Wellness

### Enjoy the benefits of being Physically Active

Students who are physically fit can better handle the physical & emotional challenges that they encounter during the day. They feel better, sleep better, and have more self-confidence. They are more alert and perform better academically in class. So commit to staying active. It is important to your success.

### Physical Activity Calorie Use Chart

*The chart to the right shows the approximate calories spent per hour by a 100-, 150- and 200-pound person doing a particular activity*

Activity	100 lb	150 lb	200 lb
Bicycling, 12 mph	270	410	534
Jogging, 7 mph	610	920	1,230
Jumping rope	500	750	1,000
Swim, 25 yds/min	185	275	358
Walking, 2 mph	160	240	312

## Across the Country...Best Practices in School Nutrition-MENUS

Mary Klesk, Food and Nutrition Services Director in Big Lake Public Schools, MN, uses a combination of posted PDF menus and colorful menu icon buttons that are linked to interactive "HTML" menus that display nutritional analysis for each menu item.

Menus can be printed out at home and Parents and School nurses also have the ability to view important nutrient and

"Carb Count" information.

To learn more and see how Mary uses her website to provide important nutrition information, check out her website at...

[Big Lake Public Schools, MN](#)



## Nutrition Tip

Fresh & Vitamin Rich—Use fruit cubes in sparkling water, seltzer or iced tea to add important nutrients: Fill ice cube trays with a clear 100-percent juice, like white grape juice or apple juice. Add fresh blueberries, sliced strawberries or raspberries.