

# ★The Importance of Eating a Healthy Breakfast★



**DID YOU KNOW THAT...** Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school? Researchers at Harvard Medical/Massachusetts General Hospital found that hungry children are more likely to have behavioral and academic problems than children who get enough to eat. At school, hungry children had more problems with irritability, anxiety and aggression, as well as more absences and tardiness.

## Breakfast Fruit Cup

Choose your favorite yogurt to dress up this tasty fruit cup!!

- 2 Oranges, peeled, seeded, and sliced into bite sized pieces
- 1 Banana, peeled and sliced
- 1 Tablespoon raisins
- 1/2 Cup flavored low fat yogurt
- 1/8 Teaspoon cinnamon

In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon! Add granola for an extra crunch!!!









## Munching for your mind

Some swear that the "sugar-high" and caffeine boost from candy, chocolate, or soda actually helps the studying process because it gives them energy. But it's just temporary, and what goes up, must come down. In most cases, too much sugar or caffeine will end up zapping your energy. You could also end up with a headache, and in general, be left in a state that's useless for absorbing test information.



## Super Snacks For Studying

-  **PB and A.** Cut an apple into wedges and spread some crunchy peanut butter on it.
-  **Smooth Studier.** Blend a cup of milk, 2 cups of your favorite fruit, and a cup of ice. Stick a straw in your glass and you have a super smoothie!
-  **Cheese, Please!** Cube some cheese and stick toothpicks in them. Serve with crackers.
-  **It's Berry Good.** Take a handful of berries — blueberries, raspberries, blackberries, or sliced strawberries — and mix them with plain or vanilla yogurt. Yum!
-  **Skinny Dipping.** Nothing beats munching on carrots and ranch dip when you need something crisp.
-  **Pop Star.** Pour your favorite fruit juice into the ice cube tray and freeze for mini-popsicles.

