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School Breakfast:

Smart Start to Fuel Greatness



Mutually Reinforcing



Still the target.

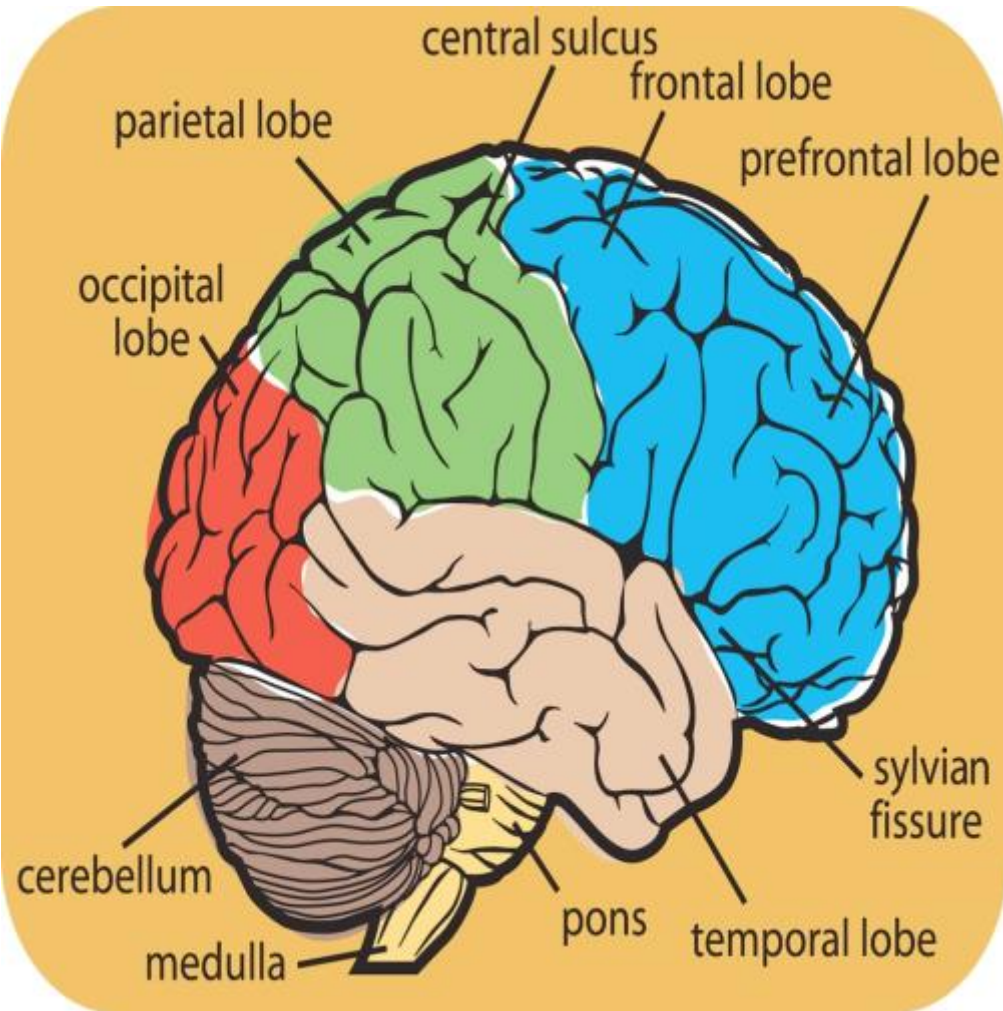


New Findings



The Brain

Where it begins



- Brain functions may be enhanced or hindered by nutrition and physical activity, or lack thereof, throughout lifetime
- Brain self-modifies to adapt to its environment
- Some research indicates nutrition and physical activity can affect pre-frontal cortex
- This part of brain regulates executive functions: working memory, judgment or inhibition, and problem solving

What you eat
or don't eat
matters to
your brain

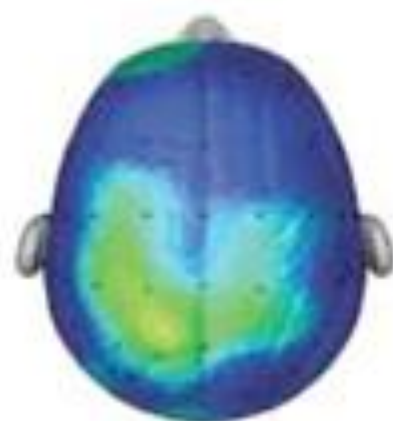


Breakfast, Physical Activity and Learning

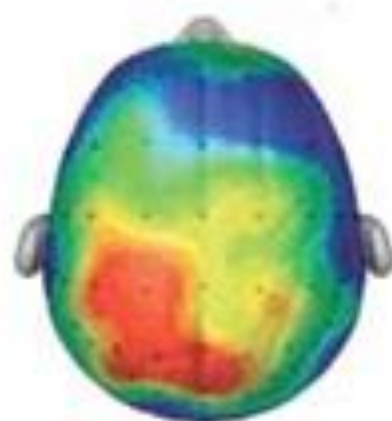


Benefits of school breakfast

Brain activity after 20 minutes of exercise



Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).

Breakfast Comes in Many Forms

Classroom



Grab 'n Go



Cafeteria



Resources

