

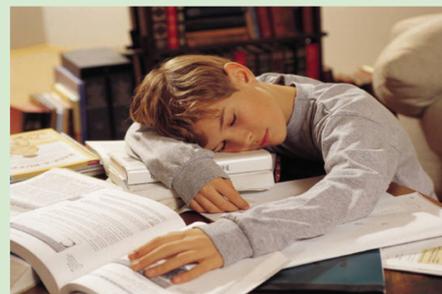
Nutrition and Learning: What's the connection?



Nutritionally fit children are more likely to have energy, stamina and self-esteem, all of which improve their ability to learn.

Poorly nourished children are:

- Less physically active
- Less curious
- Less attentive
- Less independent
- Less social
- More uneasy or nervous



Hunger affects learning

- Good nutrition is essential for learning to occur.
- Many different nutrients are needed to keep the brain working.



Hungry children are:

- Irritable, grouchy
- Not interested in learning
- Nervous, timid, passive
- Unable to concentrate



Good nutrition and learning go hand in hand

- The body needs quality food to power mental ability.
- Good nutrition is key to a healthy lifestyle.
- Children who make healthy food choices tend to make better food choices as adults.



Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food?
Contact your local Food Stamp office or go online to dss.mo.gov/fsd/fstamp.

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Start the day with breakfast

- Children who eat breakfast do better in school.
- Skipping breakfast leaves the brain without fuel.
- Try these nutrient-packed breakfast ideas:
 - Whole-grain cereal topped with fruit and low-fat milk
 - Low-fat yogurt topped with granola and fruit
 - Breakfast smoothie made with low-fat milk and your favorite fruit
 - Leftovers from last night's dinner



Refuel with lunch midday

- School meals can meet about one-third of a child's nutrition needs.
- Pack a lunch to bring to school.
Good lunch bag choices include:
 - Sandwiches
 - Raw vegetables
 - String cheese
 - Whole-grain crackers
 - Fruit
 - Low-fat yogurt or pudding
- Use an ice pack to keep cold foods safe.



Get an after-school boost

- Healthy after-school snacks supply needed nutrients.
- Stock up with:
 - Ready-to-eat fruits and vegetables
 - Whole-grain crackers and low-fat cheese
 - Popcorn
 - Whole-grain cereal
 - Low-fat milk and yogurt

