

# School Wellness News

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Distribute copies to interested staff:  
Superintendent  
Principal  
Business Manager  
School Food Service  
School Counselor  
FACS, PE, Health and  
Elementary Teachers  
Wellness Committee  
Members  
Teacher Break Rooms

## A World of School Breakfasts National School Breakfast Week, March 5-9, 2007

A World of School Breakfasts is this years National School Breakfast Week Campaign. Take advantage of the National School Breakfast Week campaign to education kids and families about the importance of breakfast for learning. This year's theme is excellent for teaching kids about cultures around the world. Downloadable activity sheets, toolkit and other materials are available on the School Nutrition Association website: [www.schoolnutrition.org](http://www.schoolnutrition.org) under meetings and events.

### School Breakfast Facts

- \* Students are more alert and perform better in class when they eat breakfast. Research has shown that children who eat breakfast:
  - ◆ Score higher on standardized tests
  - ◆ Get better grades overall
  - ◆ Have fewer health issues
  - ◆ Behave better at school
- \* Kids that eat breakfast have a better diet. They eat more servings of grain, fruit and milk and get more nutrients during the day.
- \* 80% of the schools that participate in the National School Lunch Program participate in the School Breakfast Program. A decade ago, only half of all schools participated in the Breakfast Program.
- \* USDA requires school breakfast have 25% of the RDA for protein, calcium, iron, vitamins A and C and calories as well as meet the US Dietary Guidelines for healthy diets.



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Research Reference: School Breakfast Programs: Energizing the Classroom. Minnesota Department of Children, Families and Learning, 1998, Roseville, MN.

## Build a Better Breakfast

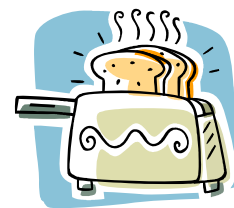
Dozens of studies consistently show that children who eat breakfast perform better than those who have skipped breakfast. The next question becomes does it matter what kinds of breakfast kids eat? In recent studies, the answer appears to be yes. For example kids that ate sweetened oatmeal did up to 20 percent better on academic tasks than kids who ate sweetened cereal (Tufts University.) Breakfasts that contain fiber and protein appear to stick with us longer and cause less swings in blood sugar. Better blood sugar control helps regulate hormones that can effect mood, concentration and memory.

In addition, we know that diets high in cereal fiber and fruits and vegetables help people maintain a healthy weight. Breakfast is key to eating more healthy. People who eat breakfast are less hungry, and thus eat better throughout the day.

Findings on breakfast foods and learning beg for more research. But reasonable advice to maximize the power of breakfast is to 1.) Be sure to eat breakfast, and 2.) Serve up breakfast that sticks with you and contains cereal fiber, whole fruits/veggies, and a protein source.

### Powerful Breakfasts

- \* Whole grain cold cereal preferably with nuts, low-fat milk and a banana
- \* Oatmeal and yogurt (low-fat/low-sugar) topped with fresh fruit
- \* Scrambled egg, whole grain toast spread with low transfat margarine and 100% juice
- \* Toasted whole grain bagel with peanut butter, apple slices and low-fat milk
- \* Breakfast burrito on whole wheat tortilla loaded with green peppers and salsa, and orange slices
- \* Grapefruit, yogurt and granola



## Cooking with Kids: Breakfast Burrito

### Ingredients per Child

- 1 egg
- 1/2 whole wheat tortilla
- 1/2 slice low-fat American cheese
- Mild salsa
- Cooking spray



### Directions

1. Wash hands thoroughly.
2. Crack eggs—adult job.
3. Wisk eggs.
4. With adult supervision, pour scramble eggs into heated pan sprayed with cooking spray, continue stirring eggs. Cook eggs thoroughly. Remove from heat.
5. Take 1/2 tortilla and place on plate. Spoon cooked egg in center of tortilla. Place cheese on top. Place salsa on top cheese.
6. Wrap burrito and enjoy!

## Wild Rice—Great Lakes World Fare

Wild rice is very special to Minnesota, and in fact, wild rice is Minnesota's state grain. Wild rice is a semi-aquatic grass species native only to the North America Great Lakes region. Once abundant throughout Minnesota, today it grows mainly in the central and northern part of the state. Wild rice is an important part of the culture of American Indian people; the Ojibwa call this plant "manomin" or "good berry."



Everyone who enjoys wild rice will benefit from its nutritional content.

- \* Higher protein than other grains
- \* Whole grain source of disease fighting phytochemicals and antioxidants
- \* Minerals—zinc, iron, potassium and phosphorus
- \* B Vitamins—riboflavin and niacin
- \* Whole grain fiber
- \* Low in sodium

## Wild Rice Pancakes with Fruit Toppings

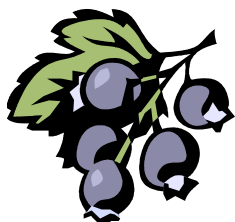
### Wild Rice Pancakes

#### Using Whole Wild Rice

Add cooked wild rice to pancake batter: ratio of 1/2 cup cooked wild rice to two cups batter.

#### Using Wild Rice Flour

Make pancake batter from any recipe and use ratio 1/3 wild rice flour to 2/3 wheat flour.



### Maple Applesauce Topping

#### Ingredients

Canned applesauce

Maple-flavored pancake syrup

Ratio 1 tablespoon maple syrup per cup of applesauce

#### Directions

In a bowl, stir together applesauce and syrup until blended. Use as a topping for pancakes.

### Blueberry Topping

#### Ingredients

4 cups fresh or frozen blueberries

1/2 cup granulated sugar

2 tbsp cornstarch

1 cup water

#### Directions

In a medium saucepan, combine sugar and cornstarch. Gradually stir in water. Add blueberries; bring to a boil over medium heat. Boil for 2 minutes, stirring constantly. Remove from the heat; cover and keep warm.

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**Building Healthy Futures**  
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The University of Minnesota Extension Service connects research-based resources to communities. This newsletter provides information to help implement your local school wellness policy and teach kids and families about nutrition and active living.

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## GET READY! April is National Garden Month®

Check out the National Garden Association website: [www.kidsgardening.com](http://www.kidsgardening.com) for April National Garden Month® materials. The *30 Days of Green* calendar and activities will help you celebrate *National Garden Month®—When You Garden, You Grow*.

Additionally, National Garden Association provides website resources for school garden projects and grow labs. Grant opportunities are available from the National Garden Association. Math and science is easy to incorporate into gardening with kids using their materials.

Your county University of Minnesota Extension office is a community resource for gardening projects and questions.

Teach kids to grow plants and garden for healthy futures!

