

Why do we need to eat breakfast?

Your brain (and central nervous system) runs on glucose -- that's the fuel you need to think, walk, talk, and carry on any and all activities. Let's say that the last time you eat something at night is at 10 or 11 PM (not optimal, just an example). The following day, you don't eat breakfast but wait until about noon or so to eat -- you've gone thirteen or fourteen hours with nothing in your system.

Your poor brain is surely deprived -- and your body has to work extra hard to break down any stored carbohydrate or turn fat or protein into a usable form for your brain to function. That's a lot to ask for when you're sitting in a classroom, trying to concentrate on reading, or doing any other work. Eating breakfast has been proven (many times) to improve concentration, problem solving ability, mental performance, memory, and mood. You will certainly be at a disadvantage if your classmates have eaten breakfast and you've gone without. On average, they will think faster and clearer, and will have better recall than you. School or work can be tough enough without this extra-added pressure.

So just like a car, plane or train - a good breakfast jump-starts the brain and provides the energy you need to get your day started. Your school is celebrating National School Breakfast Week on March 6th-10th. If you think you're doing fine with no breakfast, just try changing your tune for a week -- join us for National School Breakfast Week and we are sure you'll notice a difference.

March is ...

- National Nutrition Month
- National Read Across America Month
- National Bagel Month
- National Noodle Month
- National Peanut Month
- National School Breakfast Week → 2nd – 6th
- St. Patrick's Day → 17th

Brain Buzz



Q: Why do I need sleep?

A: Every creature needs to rest. Giraffes, little babies, elephants, dogs, cats, kids, grandparents, moms, and dads - they all sleep! Just like eating, sleep is necessary for survival.

The amount of sleep a person needs depends a lot on his or her age. Babies sleep a lot - about 14 - 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most kids between the ages of 5 - 12 years old somewhere in between need 10 - 11 hours of sleep. Some kids might need more and some need less.

Skipping one night's sleep makes a person cranky and clumsy. A person will have problems thinking and doing things; his or her brain and body can't do their normal tasks nearly as well. Eventually, it becomes impossible for the brain to give its directions to the rest of the body without sleep - the brain needs to spend time in bed and catch its ZZZs.

*Source: www.kidshealth.org

Recipe Corner Banana Wraps



Easy enough for preschoolers to wrap and roll!

Ingredients:

- 2 to 3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana

Directions: Remember to wash your hands!

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.

Helpful Tip: If a child is allergic to peanut butter, try substituting cream cheese. Either way, this kid-friendly snack is nutritious and can be made ahead for a walk to the park. Just spread the peanut butter on the tortilla at home and fold it. At snack time, unfold the tortilla, peel the banana and roll it up. Kids will love the handheld all-in-one snack!

** *MAKES 1 SERVINGS*

Source – www.kidsacookin.org