

EAT WELL/LEARN WELL

Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Here are some tips for parents to help ensure both proper nutrition *and* a successful school year for kids.

- ✓ Start with a healthy breakfast that includes 3 or 4 different food groups. Let your child help plan it.
- ✓ If your child says he's not hungry, start him out with a light bite, perhaps juice or toast. Then send him off with a nutritious mid-morning snack such as yogurt, cheese, or a bagel.
- ✓ Help your child choose healthful meals at school by going over the school lunch menu and talking with him/her about making choices in the cafeteria line.
- ✓ Get involved with the school food service program and supporting the nutrition education efforts at school by applying those lessons at home.
- ✓ If your child prefers to take his own lunch to school, pack meals that are easy to prepare and fun to eat, as well as healthful, safe and nutritious.
- ✓ Let children help plan and prepare their lunch and let them choose what container they would like to carry their lunch to school in.
- ✓ Stock your refrigerator and cabinets with ready-to-go snacks. After-school snacks help your child "re-fuel" and supply needed nutrients that can be missed.

Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthful lifestyle habits.

Source: Duyff, RL. 1996. The American Dietetic Association's Complete Food and Nutrition Guide. Minneapolis, MN: Chronimed Publ.
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