



Fuel Up to Play 60 with School Breakfast PA Announcements & Menu Blurbs

PA Announcements

Hey...you! Did you eat breakfast this morning? If you didn't you're missing out on important nutrients¹ that can help you stay alert and do better in class!^{2,3} So tomorrow morning remember to Fuel Up to Play 60 with School Breakfast!

Did you know...that every student should eat breakfast because a hungry student has a difficult time learning?⁴ Be the smartest student you can be...always remember to Fuel Up to Play 60 with School Breakfast before you head to class!

What's your favorite meal of the day? Mine is breakfast because it is nutritious and delicious. A tasty whole wheat bagel, a glass of milk, a bowl of cereal, a bunch of strawberries or a banana... all my favorite breakfast foods. Sure sounds delicious to me! Don't forget to Fuel up with School Breakfast every day!

Hey...you! Do you want to do your best in school? Studies show students who eat a good breakfast score better on tests and have better grades.³ So remember, Fuel Up to Play 60 with School Breakfast and be a superstar!

Are you feeling a little under the weather? Did you remember to eat your breakfast this morning? Studies show that students who eat breakfast feel better,⁵ have better attendance^{5,6} and fewer visits to the school nurse.⁵ To feel your best, always remember to Fuel Up to Play 60 with School Breakfast!

How are you getting your fuel? Eating a healthy breakfast, such as low-fat or fat-free milk, whole grain cereal and fresh fruit, gives your body the fuel it needs to play for 60 minutes a day. So don't forget to eat breakfast every morning and play for 60 minutes to keep your body strong and healthy!

Menu Blurbs

It's more difficult for hungry students to concentrate.⁴ That's why it's so important that every child has a healthy, nutritious breakfast every morning. If you don't have time to eat before leaving for school, don't forget that a nutritious breakfast is always available before class begins in your school. Fuel Up to Play 60 with School Breakfast to be your best!

Did you eat breakfast this morning? Many children come to school each day without having breakfast.⁷ It sure is hard to concentrate in class on an empty stomach! But don't worry a healthy

breakfast is available in your school each morning before class. So next time you leave home without breakfast, remember to Fuel Up to Play 60 with School Breakfast before heading to class so you can start your day off right!

Do you want to do better on tests? Everyone does, right? Well, did you know that students who eat a nutritious breakfast score better on tests and improve overall grades?³ To do your best in school, Fuel Up to Play 60 with School Breakfast!

The 2005 Dietary Guidelines for Americans recommends we eat more of the ‘Food Groups to Encourage,’ low-fat & fat-free dairy, fruits, vegetables and whole grains. An easy way to follow this recommendation is to eat a nutritious breakfast every day because, if you think about it, breakfast contains many of these foods...milk, fruit, cereal (whole grains) just to name a few. So always remember to Fuel Up with School Breakfast to feel your best!

Breakfast is nutritious and delicious! Not only do we feel better and do better in school when we eat breakfast it also tastes delicious.^{2, 8} A whole grain muffin, yogurt, and fruit—what could be better? So don’t forget to Fuel Up to Play 60 with School Breakfast every day!

Students who eat breakfast make fewer trips to see the school nurse.⁵ Who wants to be sick? That’s no fun! Eating breakfast every day sounds like an easy and simple solution. So stay away from the nurse’s office and Fuel Up to Play 60 with School Breakfast every day to feel your best!

Are you fueling up? Eating a healthy breakfast, such as low-fat or fat-free yogurt, fresh fruit and a low-fat granola bar, gives students the fuel they need to play for 60 minutes a day to keep their bodies healthy and strong. To perform at your best in school and out...always remember to eat a good breakfast and play for 60 minutes a day!



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¹Affenito et al. *J Am Diet Assoc.* 2005

²Wahlstrom and Begalle. *Top Clin Nutr.* 1999.

³Murphy et al. *Arch Pediatr Adolesc Med.* 1998.

⁴Mahoney et al. *Physiology and Behavior* 85. 2002.

⁵FRAC. *School Breakfast Scorecard.* 2007.

⁶Dye and Blundell. *Br J Nutr.* 2002.

⁷USDA and NHANES, 2003-04

⁸Meyers et al. *Am J Diseases Children.* 1989.