

Breakfast for Learning

When I was growing up, my Mama always said, “Eat your breakfast.” And of course, we all know, Mama is always right! Well, here is what Dr. J. Michael Murphy, School Breakfast Program, SBP, of Harvard Medical School says, “ What we find particularly exciting is that this SBP is a relatively simple intervention that can significantly improve children’s academic performance and psychological well-being.” So guess what, Mama was right!

According to the Food Research and Action Center in Washington, D.C., children who skip breakfast are less able to distinguish among similar images, show increased errors and have slower memory recall. Children who eat a complete breakfast, versus a partial one, make fewer mistakes and work faster in math and number checking test. And, children who eat breakfast tend to have a lower Body Mass Index and have more adequate nutrient intake of calcium, fiber, folate, and protein.

Did you know most Cobb County Schools, from Primary through High School, have a complete and delicious breakfast? Just go to www.cobb12.org. Then click on lunch menus on the quick links to the left. Click on the breakfast menu to read this impressive list of offerings. The reduced price is 30 cents, the every day price is just a dollar and if you want to join your child for a nutritious and affordable breakfast without having to cook or clean, the cost for adults is an amazing \$1.25!

So, give your child the right start for school this year. Give them breakfast. Give them your time and attention. And most of all, give them your love! Tell them they are a winner every day before leave home. To schedule a dietary or nutritional consultation with Rebekah, give her a call at 678-779-9102 or visit her web site at www.wrighttouchweb.com and have a great August.

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