

HEALTH TIPS

from Rosie Roo



Hi Friend!

I hope you had a good summer. It's almost time to go back to school!

Did you know that healthy food and exercise will make you a better student? The healthier you eat and the more exercise you get, the better you will do in school.

Start this school year off right! Follow these back-to-school guidelines to put you on the right track.

1. **Kids who eat breakfast before school are more alert.** [Have you ever heard that breakfast is the most important meal of the day?](#)
It's the truth! After a long night of sleeping, your body uses up all of your nutrients. That's why you might feel hungry when you wake up in the morning. It's because your tank is empty and you need to add more fuel! You might choose to eat breakfast at school, at home, or maybe you take it to go. Either way, it is important to eat breakfast before you sit down to learn at your desk. Some kids skip breakfast because they are running late. If you are rushing out the door in the mornings, you may want to keep some quick, healthy options you can grab on your way out.
2. **Balanced lunches mean better grades.** [Do you buy your lunch at school? Or do you bring a packed lunch from home?](#) Since lunch is usually halfway between the start and the end of your school day, it's a good time to add some more fuel to your tank when you start to run out from breakfast. Whether you grab your lunch from the cafeteria or bring your lunch from home, make healthy choices to keep your energy up in the late afternoon.
3. **Active kids have more energy to learn.** You need a break from sitting at your desk all day long! When you head out for recess, try and spend some time moving your body. [Play a game with your friends, take a turn on the jungle gym, or just take a walk around the playground.](#) Getting some quick exercise will give you an instant boost of energy so that you can get back into the classroom with more energy!

The Best Fuels for Your Day at School

Follow these tips and tricks for making healthy choices in your school day.

- Choose fruits and vegetables.
- Baked or grilled foods are better than fried or greasy foods.
- Choose whole grains. Foods like wheat bread and brown rice are going to give you more energy than white bread and white rice.
- Choose milk or water to drink. Juice and soda are full of sugars that can make you sleepy.
- Packaged snacks can be yummy, but are not exactly healthy.

- Try to create a balanced meal by choosing one item from each of the food groups:
 - 1 fruit
 - 1 veggie
 - 1 grain
 - 1 protein
 - 1 dairy
- Take it slow. You may want to eat quickly and spend more time with your friends during or after lunch. Pay attention to how you're feeling and slow down if you're feeling full. Nothing could be worse than sitting in your desk with a stomachache the rest of the day!



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