

## ***B Stands for Breakfast and Brain Food***

The benefits of making time for breakfast far outweigh the time saved by skipping this important meal. If you are in a rush, you can eat breakfast while you are getting dressed, after you shower in the morning, or on the ride to school. Breakfast will wake up your brain if you eat food with essential nutrients. You will be more alert and less sleepy and restless. “Transient hunger,” also known as occasional hunger, is less likely to happen if you have this crucial meal. The symptoms of transient hunger are: fatigue, headaches, sleepiness, and restlessness.

### ***Ideas for making breakfast easier.***

- Prepare the night before.
- Finger foods like turkey slice, string cheese, even pizza taste great.
  - Bring extra to share with a friend or for a snack.

### ***The positive results are remarkable!!!***

#### ***You will:***

- \*Miss less school due to sickness
- \*Score higher on tests, including achievement tests
- \*Increase your attention span
- \*Incur less disciplinary intervention

***Make sure you include protein, have a healthy snack before your tutoring sessions, and save some for Calvin and Jake!***