



Oliver's team talk

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Teach! TEACHERS' CORNER

Breakfast Benefits

- ✓ Children who eat breakfast have shown greater improvements in standardized test scores and increased ability to concentrate in class. They also are more alert and creative.
- ✓ Adults are better able to perform in an office or work environment if they have taken the time to eat breakfast.
- ✓ Eating breakfast improves the total daily nutrient intake. A simple breakfast of cereal, milk and fruit often provides the greatest amounts of calcium, B6, riboflavin, folic acid and iron.

Excite! READY, SET, GO!

Promote Breakfast in the Classroom

- Have your students pack a healthy breakfast and let them eat it while reading to them in the morning.
- Play the OrganWise Guys "Breakfast Skippin' Blues" and then have them write an essay on what they learned from the lesson.
- Have your students observe everything they eat in the morning and write down ways to make it a healthier, tasty breakfast!
- Have a "Breakfast for Lunch Day". Have your students pack healthy breakfast items for lunch to promote healthy breakfast eating.

Activate! MAKE YOUR MOVE

Face the Facts

Unhealthy:

Strawberry Pop-tart	210 calories
McDonald's Egg McMuffin	300 calories

Healthy:

Whole Wheat Toast w/ strawberry jam	150 calories
English Muffin w/ scrambled eggs	200 calories

It is really easy to change an unhealthy breakfast item into a similar healthy breakfast item. Remember to add a serving of fruit to your breakfast for a well-balanced meal!

Motivate! SPREAD THE WORD

Easy Breakfast Burrito

Ingredients:

Cooking Spray (PAM, etc.)
3-eggs, beaten
2-8-inch wheat flour tortillas

Filling Options:

Fat-free grated cheese
Tomatoes, Onions, green peppers
Salsa

Preparation:

Over medium-high heat, spray cooking spray in non-stick pan and scramble eggs. Warm the tortillas for 30 seconds in the microwave then fill with scrambled eggs and chosen fillings. Roll into a burrito. Serves 2.

Make **HEALTHY CHOICES** for Life![®]

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