

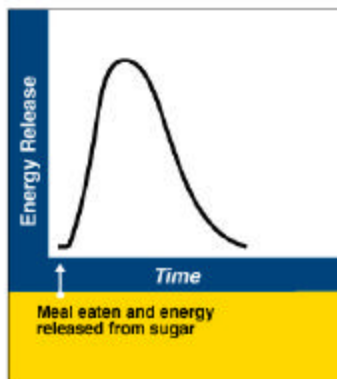


Link



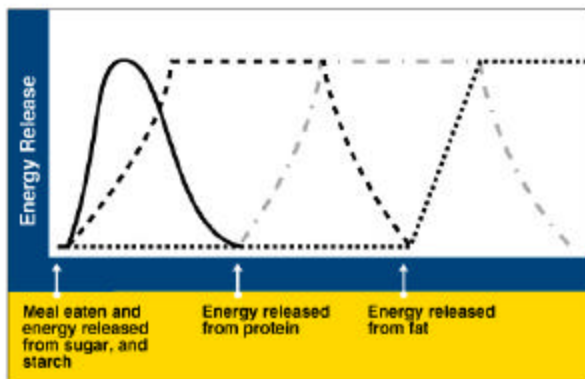
PROFILE OF A HEALTHY BREAKFAST

Comparison of Energy Available for Learning from Two Different Breakfasts



Sugary foods eaten in place of a meal cause a quick rise in blood sugar and energy.

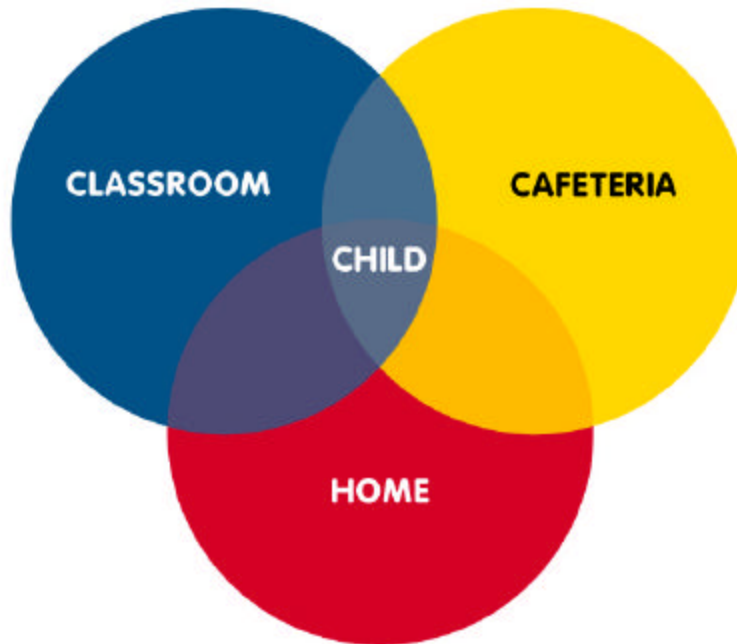
About an hour later blood sugar and energy decline rapidly, bringing on symptoms of hunger.



A balanced breakfast containing sugar, starch, protein and fat gives a sustained release of energy and prevents a drop in blood sugar for several hours.



MUTUALITY CIRCLES



- **A comprehensive approach best supports the child.**
- **It takes the combined effort of parents, teachers and school administrators to support children's physical and mental well being.**