

# National Breakfast Week

This month, we focus on starting each day the healthy way, with a good breakfast. We've all heard that "breakfast is the most important meal of the day" and we all know that it is true, but more importantly, students who eat breakfast make fewer mistakes and complete their school work more efficiently. They also perform better on standardized tests and show improvement in their memory recall, attention and reaction to frustration. A good breakfast also helps to prevent overeating during other meals and snacking heavily during the day. A healthy breakfast is key to preparing the mind for learning and gives us the energy for a productive day. You should start your day off with breakfast every day!

## Cooking Lesson... CARROT FRIES

### Ingredients:

6 large carrots  
2 tbsp. olive oil  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 tsp poultry seasoning



### Directions:

Preheat the oven to 350°. Peel carrots and cut off tips. Cut all carrots down the center (the long way) two to three times until they are the thickness of a French fry. Then cut them in half to shorten them to the length of a French fry. Put all other ingredients into a large bowl and mix. Toss the carrots in the mixture until they are all coated, then put them on a pan and bake for 20 minutes or until the carrots are tender. Let cool and enjoy!

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## Produce of the Month

A single serving of spinach supplies more than three times the recommended daily amount of vitamin A, which helps keep your vision healthy, particularly your night vision. If you've never tried spinach, give it a shot!



## Activity of the Month

Playing softball is a good way to reduce fat and burn calories. In terms of energy expenditure, about 15 minutes of Softball expends about 105 calories. Over 12 months, this daily workout uses up a total of 38,325 calories per year: the equivalent of 11 pounds of body weight.