

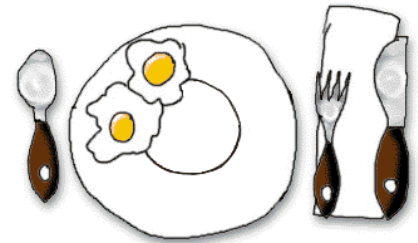


HEALTHY HINTS

Did you know that exercise can make you happy? Running, jumping rope, dancing—WHATEVER MOVES YOU—both uses energy AND helps our bodies make more energy! Exercise can help us do better at school and then sleep better at night. And when we are moving, our brain releases chemicals that help put us in a good mood! In order to get enough energy to be able to exercise, we must eat healthy foods – especially for breakfast!

This week we learned about: **BREAKFAST**

- “Breakfast” is a **compound word** (a word that is made up of 2 separate words) that means “to break a fast”. Which fast are we breaking? The fast from sleeping all night!
- **Breakfast is the most important meal of the day**
- Not just any breakfast will give our bodies the best energy...
 - “**ALWAYS**” foods that give us healthy energy are:
 - **whole grains, high quality proteins, low-fat dairy, fruits, and vegetables**
 - “**SOMETIMES**” foods that do not provide us the nutrients we need are:
 - **donuts, sugary cereals, bacon/sausage, and pastries**



**NEXT TIME (10/18/19):
Water and Diabetes!**