

# March: Explore Nutrition!

## Healthy Eating + Physical Activity = Better Health and Better Students

Hungry children have more behavioral, emotional and academic problems than do children who do not experience hunger. A complete breakfast with foods from the grains, dairy, fruit, protein and vegetable food groups can improve your child's concentration, alertness, understanding, memory, and learning.

Another major factor that affects learning is physical activity. Students who are both physically active and physically fit tend to have better grades, memory, attendance and classroom behaviors.

Check out [www.HealthMPowers.org](http://www.HealthMPowers.org) and follow us on    @HealthMPowers

### Attention Families:

Go to the **March** section of your child's student planner and read the information on healthy eating and physically activity.

As a family, complete all of the activities for the month of **March**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Heathy Habits Challenge**.

