Advocate For School Breakfast Addresses Concerns

tion professionals and educators,

JOYCE BUPP York Co. Correspondent

BALTIMORE (Maryland) -"Breakfast is the most important part of the day," insists Dr. Doris Derelian, adding "that statement has lived on since the 1950s, but we had no real backup data for it."

back up those beliefs about the importance of eating breakfast, according to Dr. Derelian, the featured speaker at the annual breakfast meeting of the Baltimore-area Dairy and Food Nutrition Council of the Southeast. The annual meeting, to which the Dairy and Food Nutrition Council hosts area nutri-

was held February 14 at the Airport Marriott Hotel. A Lawrence, Massachusetts research study conducted in 1987

compared achievement and testing scores of children following the introduction that year of the school breakfast program. Both tardiness and absences in the school were reduced considerably, while achievement scores increased.

"With school breakfasts, kids worked faster, had fewer mistakes. provided more original answers on open-ended tests and had more physical energy, " related Dero-lian, a bubbly, enthusiastic disciple of good nutrition. Current president of the American Dietetic Association, she is president of Health Professions Training, Fallbrook, California, and has a doctorate from the University of California at Los Angeles.

It is a fallacy that only kids from low-income families skip breakfast, Dr. Derelian emphasizes. The twin factors of not enough time in the morning and too many other competing activities create missed or low-nutrient breakfasts daily for millions of children from families at all socioenocomic levels.

"Transient hunger" is how Derelian labels the problem, as opposed to the chronic malnourished or undernourished child often seen in news reports of thirdworld or warring countries. A study done by the National Dairy Council found that between 28 to 33 percent of children arrive at school daily having consumed no breakfast.

Physical symptoms of skipped breakfasts include stomach pains and headaches, muscle tension, fatigue and sleepiness. Psychological and social symptoms range from anxiety and nervousness to fidgeting, anger, indecisiveness, confusion and general unhappi-

"A 'brat' in school may only be experiencing these symptoms of hunger," Dr. Derelian warns. 'Teachers have become good at detecting them."

Even children who do eat breakfast at home often experience the classic "mid-morning" slump, especially if proteins and fats are not included in the breakfast. For that reason, Dr. Derelian encourages the use of whole milk for children's breakfasts. Proteins and fats, both components of whole milk, take longer to get into the blood stream than do sugars and carbohydrates, such as might be found in cereals or toast.

A promoter of school breakfast programs, Dr. Derelian noted that the cost, usually in the range of one dollar, is generally lower than grabbing breakfast for a child enroute to school at a fast food drive-through and supportive of family values because it encourages good nutritional habits. School breakfasts, by law, must include servings from all the basic food groups.

"School breakfast participation is low because parents don't know or don't understand the program,' noted Dr. Derelian. "It's too often viewed with the stigma that school breakfast is a program for the poor."

"The most difficult educational subjects are generally taught in the morning - and that's when kids haven't eaten," she lamented. "Kids need energy."

The Upper Chesapeake Bay division of the Dairy Food and **Nutrition Council of the Southeast** is headquartered at the Sykesville, Maryland, offices of the Coastal Division of Mid-America Dairymen, Inc., and funded by regional producer-members of the nationwide dairy cooperative.

A reorganization meeting of the board of directors of the Upper Chesapeake Bay division of the **Dairy Food and Nutrition Council** of the Southeast was held following the annual breakfast meeting. Officers re-elected were Jesse Burall, Sr., Monrovia, president; David Patrick, Woodbine, vicepresident; Joyce Bupp, Seven Valleys, Pennsylvania, secretary; and Gary Brauning. Finksburg, treasurer. Also serving on the board are Ralph Strock, Baltimore, William Stauffer, Sykesville, and Pennsylvania members, Robert Grove, Greencastle, Paul Waybright, Gettysburg, Elvin Rohrer, Cochranville, and Emory Kilgore, Airville.



program, promotes the use of whole milk in diets of children to enhance their learning abilities.



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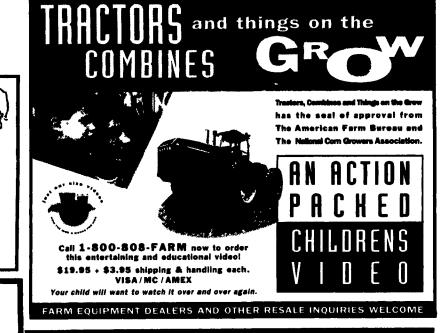
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