

A Hungry Child Cannot Learn

COLUMBUS, Ohio — Does everyone in your house have time for breakfast? It can be a real challenge in this fast paced life. But, what happens to a child in the middle of the morning at school if he/she has not eaten breakfast? Even more disturbing, what if that child went to bed hungry the night before? That child will not be able to concentrate; learning is interrupted until he or she eats. "A hungry child cannot learn."

If a child does not have good quality food during all periods of childhood, the cognitive development of that child is handicapped. Not enough food, or poor quality food can cause children to have behavior, attention and learning problems. Poor nutrition impacts school performance and the overall development of a child. Yet, this issue affects thousands of

children each day. More importantly, it is so easy to prevent.

Conferences highlighting the relationship between nutrition and learning were recently held in Pittsburgh and Columbus, Ohio and were attended by more than 900 health professionals, school administrators, school food service personnel and educators. Conference participants gained specific information that will empower them to create a child-friendly nutrition environment promoting optimal health and learning.

Nationally known speakers provided insight and documentation on this nutrition and cognitive development phenomena.

Dr. Doris Dorelian recently completed research on the relationship between nutrition and learning. According to Dr. Dore-

lian, "school breakfast is the best nutritional bargain, unfortunately, many children don't take the time to eat breakfast at home."

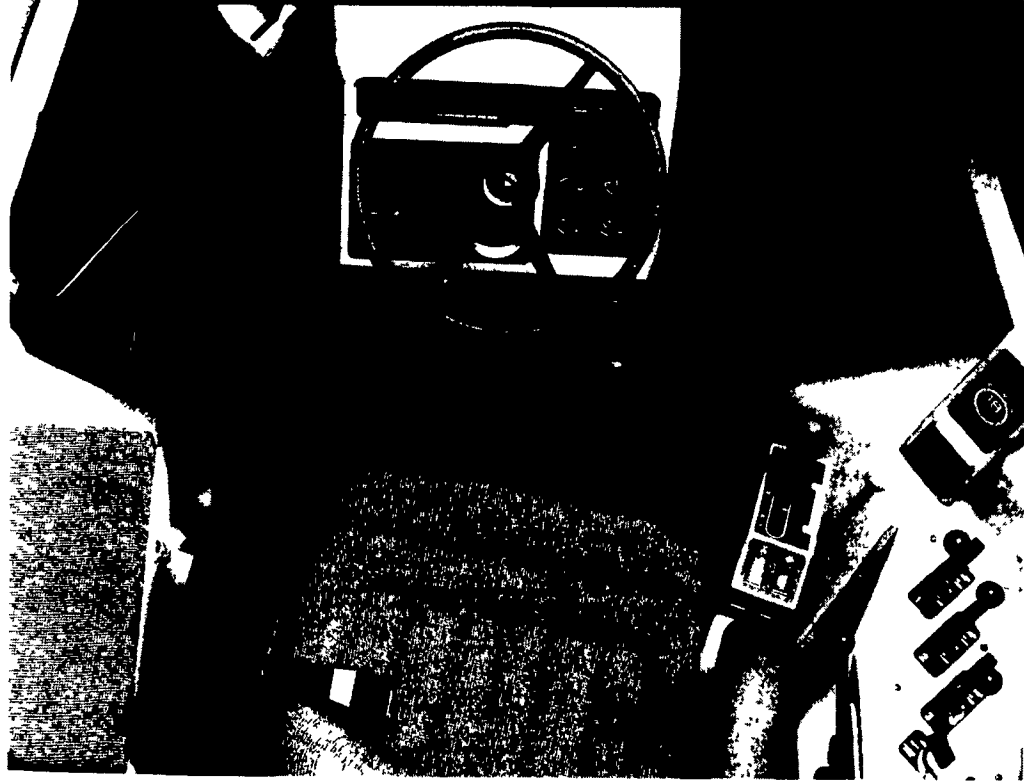
Dorelian recommends a balanced breakfast including protein, complex carbohydrates and fat. This involves choosing foods from at least three of the five food groups (milk, meat, fruit, vegetable, and grain). She explains that a child who eats a breakfast containing only juice and dry cereal without milk will run out of energy by midmorning because the breakfast lacks protein and fat. A combination of the three necessary nutrients will provide enough energy for the entire morning. In addition to common breakfast choices such as cereal with milk and fruit, she suggests incorporating nontraditional foods like cold pizza or a peanut butter sandwich with a glass of milk.

The conferences were co-sponsored by Dairy & Nutrition Council Mid East, state departments of education, state nutrition councils, school food service associations, dietetic associations, Kellogg Company, Kraft Company, and hunger advocacy groups: Just Harvest and Ohio Hunger Task Force.

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Family Togetherness

(Continued from Page B4)

in family life because Stephanie is a county dairy maid and her mother is coordinator for the dairy promotion committee. That means that Jarod and his dad need to shoulder more of the chores if the women have a promotional activity.

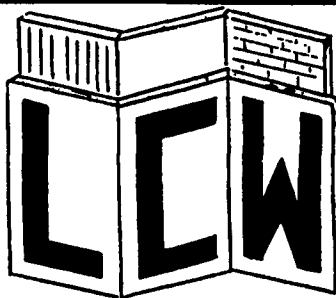
Annette's responsibility as dairy promotion coordinator is made easier and enjoyable, she said, "because of six excellent committee members."

Family togetherness is not limited to farm and 4-H. The whole family works in the church nursery. They also hold Youth Roundups — hosting teens overnight and for breakfast on the family farm.

With so many different activities, the family needs lots of good, nutritious meals for energy. Lasagna is a family favorite and Harry's favorite dessert is one that is quite simple to make and does not require baking — Cream Cheese Pie.

CREAM CHEESE PIE
9-inch graham cracker crust
1 can sweetened condensed milk
8-ounces cream cheese
Juice of 1 fresh lemon
Do not substitute low-fat dairy products or use canned lemon juice for this recipe. Mix together milk, cream cheese, and lemon juice. Pour into cracker crumb pie crust. Chill for two hours before serving.

LASAGNA
1½ pounds ground beef
1 onion
1 large jar favorite spaghetti sauce
8 ounces mozzarella cheese
Parmesan cheese
American cheese, 6 slices
Lasagna noodles
Cook lasagna noodles according to package directions. Saute onions with ground beef. Layer noodles with sauce, ground beef, and mozzarella cheese. Sprinkle with parmesan cheese. Repeat layers. Top with American cheese slices. Bake at 350 degrees for 20 minutes.



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