

# Healthy Eating and Academic Achievement

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Giving students access to healthy foods in school can help them be better learners.

Students who eat breakfast perform and behave better in school. Skipping breakfast, not eating enough fruits, vegetables, or dairy products; not getting specific nutrients, like vitamins A, C, and calcium; or just being hungry can have a negative effect on a student's academic achievement.

Encourage leaders in your schools to make healthier choices available to students wherever foods and beverages are offered, such as school meals, vending machines, school stores, à la carte lines in the cafeteria, fundraisers, and classroom parties.

Additionally, you can....

- Participate in school or district health or wellness councils.
- Reinforce messages about healthy eating in the home and community environment.
- Volunteer your time and skills or provide funding to support school and community initiatives related to healthy eating, such as school gardens, farmers' markets, health fairs, and classes at community centers.

To learn more, go to [www.cdc.gov/healthyouth](http://www.cdc.gov/healthyouth).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*