



K-State Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Food for Thought

Did you know that what you feed your child could greatly affect his or her behavior and learning ability? Encouraging your family members to choose foods wisely and to cook and eat together often can be a smart choice in many ways.

Eat Breakfast.

A healthful meal eaten soon after waking up will help your child be less likely to have disruptive behavior, and to be more alert, ready to learn and able to perform better in the classroom. A good rule of thumb is to try to include at least 3 food groups in your breakfast.

Increase Omega 3 Fats.

These healthy fats promote both physical and mental growth. They help the brain, nerves and eyes function well. Good food sources of omega 3 fats include canola oil, ground flaxseed meal, walnuts and fatty fish (such as salmon, Pacific and Atlantic mackerel, jack mackerel, tuna and sardines).

Cook and Eat Together as a Family Often.

Cooking together often prompts relaxed conversation between a parent and child. In addition, it helps build independence and self-confidence in your child. It will also help your child learn more math, science, logic and words. Seating infants and toddlers at or near the family table so they can watch everyone and hear the conversations will boost their vocabulary and reading skills later. Eating meals together regularly can improve your child's interaction with others, his or her participation in pre-school or school classes and family activities, and decrease negative or anti-social behaviors. Research indicates that teenagers that eat together with their family delay the use of drugs and alcohol. What a great way to work on prevention.

Love your child by feeding him or her well! Do the body — and brain — good!

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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