

# BRAIN SCANS REVEAL BENEFITS OF RECESS, NUTRITION



*Scientists: cafeterias & playgrounds impact performance in the classroom*

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<b>SUGGESTED TEASE</b>	STILL TO COME, LOOKING TO BOOST STUDENTS' GRADES IN SOME UNLIKELY PLACES. WHAT SCIENTISTS ARE LEARNING ABOUT THE CAFETERIA AND PLAYGROUND AT YOUR CHILD'S SCHOOL, NEXT IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	LONG BEFORE WE COULD APPRECIATE IT, OUR MOTHERS TOLD US TO EAT RIGHT AND GET PLENTY OF EXERCISE. AND NOW THERE IS NEW SCIENTIFIC EVIDENCE PROVING MOM'S POINT. USING M-R-I SCANS, RESEARCHERS HAVE LOOKED INTO THE BRAINS OF STUDENTS AND ARE FINDING THAT PLACES LIKE THE SCHOOL CAFETERIAS AND PLAYGROUNDS, MAY BE JUST AS IMPORTANT AS THE CLASSROOM. WITH DETAILS, HERE'S CLARK POWELL.
	(Nats - Assata coming down stairs) :02
<b>CG: Courtesy: American Dairy Association</b>  Shots of Assata packing backpack	LIKE MOST TEENAGERS, MORNINGS FOR ASSATA GILMORE ARE HECTIC. BETWEEN GETTING ENOUGH SLEEP AND FINDING THE RIGHT LOOK, THERE IS LITTLE TIME FOR ANYTHING ELSE. :08
<b>CG: Assata Gilmore</b> <b>8th grader</b> <b>:08 - :19</b>	"I wake up at like, 6, and take a shower and I pick out my clothes, which takes a while, so then by 6:45 I'm rushing out the door to catch my bus." :11
Shots of Assata leaving for school  Shots of teens in class	IN THE PAST THAT USUALLY MEANT SKIPPING BREAKFAST SOMETHING 62-PERCENT OF TEENAGERS DO AT LEAST ONCE A WEEK. <sup>1</sup> AND NOW A NEW REPORT IS SHOWING JUST HOW MUCH THAT MIGHT AFFECT THEM IN THE CLASSROOM. :11
<b>CG: Bob Murray, MD</b> <b>Professor, Ohio State University</b> <b>:31 - 38</b>	"Hungry kids can't learn and we've known that for a long time. But now we know why they're not learning and what areas of the brain are really hindering that." :07
Shots of teens in hallway  Shots of kids eating at school	IN RECENT STUDIES RESEARCHERS TOOK BRAIN SCANS OF STUDENTS AND NOTICED DIFFERENCES BETWEEN THOSE WHO GOT PROPER NUTRITION AND EXERCISE - AND THOSE WHO DIDN'T.

<p>Graphic - Brain scan graphic showing each</p> <p>Shots of kids eating breakfast in the classroom</p>	<p>COMPOSITE SCANS SHOW BRAIN ACTIVITY OF STUDENTS WHILE SITTING QUIETLY - AND AFTER 20 MINUTES OF EXERCISE - LIKE RECESS. THE BRAIN IS MUCH MORE ACTIVE AND THE STUDENT IS MORE ENGAGED.</p> <p>THEY ALSO LOOKED AT TEST SCORES BETWEEN THOSE WHO ATE BREAKFAST - EITHER AT HOME OR AT SCHOOL - AND THOSE WHO DIDN'T. :25</p>
<p><b>Jan Ritter, RD</b> <b>Ohio Action for Healthy Kids</b> <b>1:03 - 1:14</b></p>	<p>“There’s a relationship between breakfast and better academic performance. Better math scores, things on standardized tests. So, there’s really a lot of compelling evidence for breakfast and why that’s so important.” :11</p>
<p>Shots of kids eating in cafeteria</p> <p>Shots of kids in fuel up program</p> <p>Shots of Assata and her sister doing homework</p>	<p>THE PROBLEM IS, NOT ALL SCHOOLS OFFER BREAKFAST AND SOME ARE CUTTING BACK ON RECESS. SO GROUPS LIKE THE AMERICAN DAIRY ASSOCIATION MIDEAST ARE FUNDING NUTRITION AND PHYSICAL ACTIVITY PROGRAMS LIKE THEIR FUEL UP TO PLAY 60 CAMPAIGN. SOMETHING DOCTORS SAY COULD NOT ONLY HELP STUDENTS LEARN, BUT SCHOOLS EXCEL. :15</p>
<p><b>Dr. Murray (CG’d earlier)</b></p>	<p>“We’ve got a real opportunity to help teachers achieve their goals by putting a better student in the chair.” :06</p>
<p>Shot of classroom</p>	<p>IN COLUMBUS, OHIO, THIS IS CLARK POWELL REPORTING. :03</p>
<p><b>ANCHOR TAG</b></p>	<p>IN ADDITION TO SKIPPING BREAKFAST, THE STUDY ALSO SAYS 3 OUT OF 4 TEENAGERS AREN’T GETTING THE RECOMMENDED 60-MINUTES OF PHYSICAL ACTIVITY A DAY.<sup>1</sup></p> <p>RESEARCHERS WANT TO USE THEIR FINDINGS TO HELP SCHOOLS PUT EMPHASIS ON THINGS LIKE DIET AND EXERCISE LIKE THEY DO SCIENCE AND MATH.</p>
<p> <b>Share it! Suggested tweet:</b></p>	<p>Cafeteria and playground more essential to learning than first thought. @ADAMideast has details <a href="http://bit.ly/16BoORg">bit.ly/16BoORg</a></p>
<p> <b>Suggested post:</b></p>	<p>Brain scans show students who eat well and exercise daily are better learners! See how the school cafeteria and the playground impact kids in the classroom here: <a href="http://bit.ly/16BoORg">bit.ly/16BoORg</a></p>
<p><b>References -</b></p>	<p><sup>1</sup><i>The Wellness Impact: Enhancing Academic Success Through Healthy school Environments</i>, <b>GENYouth Foundation, National Dairy Council, the American College of Sports Medicine and the American School Health Association.</b> March 2013. Online: <a href="http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf">http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf</a></p>
	<p><b>Extra Bites</b></p>

<p><b>CG: Bob Murray, MD</b>  <b>Professor, Ohio State University</b></p>	<p><i>Dr. Murray talks about the importance of breakfast to learning -</i>          “The brain lives on glucose. So, it requires an absolute steady stream of glucose and it’s one of the reasons why a breakfast - breaking our fast overnight - is so crucial to function of the whole child, not just the energy, but also the brain function.” :16</p> <p><i>Dr. Murray talks about imaging brains to study learning -</i>          “Now we have neuro-cognitive testing and brain scans that illuminate how blood flow and other things change with fitness and activity and recess and things. So, we’re able to put together a visual picture of what parts of the brain are turning on and responding to these kinds of things.” :19</p>
<p><b>Jan Ritter, RD</b>  <b>Ohio Action for Healthy Kids</b></p>	<p><i>Ritter talks about the role breakfast in the classroom can play -</i>          “We look at breakfast in the classroom where we can serve most of the kids in the classroom. And therefore, we’re giving those kids a chance to really be well-nourished and also to have that edge on academics.” :13</p> <p><i>Ritter talks about the benefits of a child who has eat breakfast -</i>          “We get a child that’s prepared to learn. Because they are more attentive in the classroom, there’s less tardiness. There’s less complains of stomach aches, that they have to go to the nurses station.” :11</p>
<p><b>CG: Scott Higgins</b>  <b>American Dairy Assoc.</b>  <b>Mideast</b></p>	<p><i>Higgins talks about support for exercise and nutrition programs -</i>          “The American Dairy Association really believes in investing in the breakfast component of Fuel Up to Play 60, because we understand the dynamics of a child. (1.57.06) A child, when they come to school hungry, doesn’t have the ability to pay attention and to be able to learn and, often times we find that they may have stomach aches long before the lunch hour even comes near.” :18</p> <p><i>Higgins talks about the support for breakfast programs -</i>          “We simply want to help parents and school administrators make breakfast available to children, because we know, once they’ve got a chance to eat breakfast, they’re going to have a better chance to learn.” :10</p>
<p><b>CG: Assata Gilmore</b>  <b>8th grader</b></p>	<p><i>Assata talks about her mindset before she ate breakfast daily -</i>          “It was a big difference because before when I wasn’t eating breakfast, I’d always look at the clock like, when is lunch? When is lunch?” :06</p> <p><i>Assata talks about the difference breakfast has made for her -</i>          “I definitely paid a lot more attention in class because I wasn’t looking at the clock, and it just made me more aware of what was going on.” :07</p>
	<p style="text-align: center;"><b>Extra Bites (continued)</b></p>

<p><b>CG: Yvonne Gilmore Assata's mom</b></p>	<p><i>Yvonne talks about changes she saw in her daughter -</i>  “Just through her day she seems more energetic, she’s not dragging as much when she comes home in the afternoon.” :05</p> <p><i>Yvonne talks about her support for breakfast at school -</i>  “It gives me a little more peace of mind because I know if I’m rushing to get to work and I can’t sort of prepare something, that, you know, there’s always options.” :08</p>
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