

Breakfast Benefits

Why eating a daily breakfast is
important for school children



Breakfast Benefits

No. 1



Some people believe that breakfast is the most important meal of the day. Sometimes, if people have slept in, or are running late in the morning, they skip breakfast. However, if this becomes a habit, you are missing out on the benefits of breakfast.

Breakfast Benefits

No. 2

You must remember, if you have been asleep for 8-10 hours, this is a very long period of time for your body to do without food. So, firstly, your body needs food at breakfast time after such a long period to replenish its energy resources.



Breakfast Benefits

No. 3



Eating breakfast gives your body a great start to the day. Those who don't eat breakfast tend to feel more hungry earlier in the day and tend to eat unhealthy foods later to make up for not having eaten breakfast.

Breakfast Benefits

No. 4

Children who eat breakfast tend to do better in school as they tend to have better concentration and better energy levels. They also have better memory and a better attention span.



Breakfast Benefits

No. 5



Children who eat breakfast tend to have better overall health. They are less likely to experience health complications as they are consuming key nutrients that are common in breakfast foods.

Breakfast Benefits

No. 6

Eating breakfast gives you the opportunity to get fibre in your diet (from whole grain cereals and breads), calcium (from milk), Vitamin C (from orange) and Vitamin D (from cereal, milk and yoghurt).



Breakfast Tips

No. 7



- Have healthy breakfast options available
- Prepare the night before — leave out plates, glasses, cups, cutlery, cereal boxes etc.
- Get up a little earlier to ensure you have enough time to eat breakfast

Breakfast Tips

No. 8

- Plan what you intend to have for breakfast
- Vary what you have for breakfast each day
- Have “grab and go” alternatives ready for rushed mornings e.g. fruit, smoothie, healthy snack bars



Breakfast Tips

No. 9



- Eat breakfast at the table with your family
- Avoid cereals high in sugar
- Choose whole grain options in breads and cereals
- Try to include foods from different food groups

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Kind regards, Seomra Ranga

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