

Better breakfasts for best school performance

Did you know?

- Breakfast is regarded as the most important meal of the day
- Research indicates that breakfast provides up to 25% of a child's daily nutrient needs
- Children who eat breakfast daily perform better in school; with increased concentration and lower rates of absence
- Children who skip breakfast do not perform as well academically, socially and emotionally. Eating breakfast is linked to fewer behaviour problems in schools.

Benefits of breakfast for children

Starting the day with a balanced breakfast is linked with a number of health benefits. It improves overall performance and gives the body the energy it needs to function more effectively until lunch time.

Developing a habit of eating a healthy breakfast from an early age may protect children from developing health problems linked with a poor diet, such as diabetes and obesity in later years.

What is a healthy breakfast?

To provide the energy and essential nutrients a child needs, breakfast must contain a balance of nutritious foods. Combining a carbohydrate-rich food, a protein-rich food and a healthy fat is a good way to make sure children get a beneficial breakfast. Starting the day hydrated will also help to improve concentration and lower headaches and irritability at school.

Quick breakfast ideas

- Wholegrain toast (carbohydrate-rich) + poached/boiled/scrambled egg (protein-rich)+ canola margarine (healthy fat) + a glass of water
- Bran cereal/porridge (carbohydrate-rich) + low fat milk (protein-rich) + almonds (healthy fat) + a glass of water
- Peanut butter (healthy fat) + wholegrain toast (carbohydrate-rich) + a low fat yoghurt (protein-rich) + a glass of water
- A smoothie made from fruit (carbohydrate-rich) + low fat yoghurt (protein-rich) + peanut butter (healthy fat) + a glass of water.

Get more tips and help with Vitality and the Vitality Schools Programme

Through Vitality, Discovery's wellness programme, you can access a wide range of tools and partners to help you and your children get healthier. Visit www.discovery.co.za for more.

Your school can also enjoy the Vitality Schools Programme, where you will get many resources and tools to make positive changes to your school. Schools can join at no cost by visiting www.vitalityschools.co.za