

ISD/ACD/CIR/48/2017

07/11/2017

CIRCULAR
(Classes KG I to XII)
“HEALTHY BREAKFAST, HEALTHY LIFE”

Dear Parents,

Greetings of the Day!

Healthy breakfast kick starts a productive day. Skipping breakfast can make kids feel tired, restless and irritable. A proper breakfast provides required fuel for both body and mind after an overnight fast.

Breakfast should be eaten within two hours of waking. Eating breakfast improves the cognitive function, which thereby improves the memory and concentration levels besides making them vigilant, alert and helping them in weight control.

Breakfast can help our kids from absenteeism, stomach problems and other long term health issues like obesity, high blood pressure, heart diseases, diabetes and the immune deficiencies.

We need to ensure that our breakfast has complete source of nutrients like: -

-) **Carbohydrates:** Whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetables.
-) **Protein:** Dairy Products (Rich in Calcium, Vitamin D and Potassium), lean meats, eggs, nuts (including nut butters), Paneer, Soya, Cheese and cooked or sprouted beans.
-) **Fiber:** Whole-grain breads, waffles, and cereals; brown rice, bran, and other grains, fruits, vegetables, beans, and nuts.

Some Easy Breakfast Recipes: -

Poha with Veggies

Cornflakes or Oats with Milk

Bread Toast with Egg

Idly / Dosa with Chutney / Curry

Chapathi wrap with Veggies and Fruits

Sandwich with Green Chutney and Cheese

It is time to realize and give our child the best classroom experience by giving them healthy breakfast as every choice we make today determines our tomorrow.

Let's also remind ourselves on ill effects of preferring junk foods for sake of time and effort and avoid these to the best possible for breakfast and mid day break food.

Thanks & Regards,



Dr. Sridevi P.Thashnath
Principal