



DAV PUBLIC SCHOOL, SECTOR 49, GURUGRAM

HEALTH BULLETIN - JULY

FROM

THE DOCTOR'S DESK

Dear parents/ students,

It has been noticed that lot of children attend school without eating breakfast, leading to various health problems like headache ,weakness , pain abdomen etc. during school hours. Let us understand that Breakfast is the necessary fuel for brain and mind. In this health bulletin let us learn the **IMPORTANCE OF BREAKFAST AND FEW TIPS TO INCULCATE HABIT OF BREAKFAST IN CHILDREN.**

- **Why is breakfast the most important meal of the day?**

Breakfast literally means “break the fast”. Children normally eat their dinner early evening making their body deprived of nutrition for 10-12 hours till morning. So if one does not eat anything in the morning, the body does not get energy for the day leading to various symptoms.

Therefore it becomes the most important meal of the day.

- **Why children skip breakfast?**

The common reasons why children avoid breakfast are: -

- Go to bed late and want to sleep longer
- Lack of time in the morning
- Want to lose weight
- Breakfast not readily available
- Family Habit
- Late night snacking



- **What are the common health problems arising due to skipping of breakfast?**

- Abdominal pain / discomfort
- Headache
- Irritability/ mood changes

- Lack of concentration
- Decreased memory
- Generalized weakness
- Lethargic
- Digestive issues



• **What are the advantages of having breakfast before coming to school?**

- More active
- Better concentration
- Longer attention span
- Provides additional nutrients
- Improves metabolism
- Reduces cravings
- Maintains healthy body weight
- Better mood / Reduced Aggression/ Positive attitude
- Lifelong healthy habit



Always remember that dietary habits formed in childhood continue into adulthood. Therefore, poor dietary patterns among children have important implications for their life-long health and well-being.

• **Tips for good breakfast habits -**

- First thing in morning have some water
- Organize the breakfast items night before
- Avoid sweets, chocolates (empty calories) in morning
- Include protein foods
- Serve variety of food
- Start with small quantities



Remember parents should practice what they preach.

**TO EAT IS A NECESSITY
BUT TO EAT RIGHT IS AN ART**