

IMPORTANCE OF BREAKFAST

Though in a hurry, breakfast is a must.

The reason why children skip their breakfast mainly is about the tight time. When parents choose to skip their breakfast by just having a single cup of coffee or an orange juice, it doesn't promote the healthy breakfast lifestyle for the kids. Kids might only get to drink a glass or bottle of milk. And that is for sure not enough to start their day with.

A lot of parents say that the kids will not eat breakfast because of the pressure of time parents put on the kids. It takes away the fun of enjoying and eating their meal.

Since time is the key factor here, it is suggested that we wake up a little 15 minutes earlier or even pack breakfast to eat in the car.

But the main point here is the importance of having daily breakfast to make sure that the kids have enough energy and nutrition to start their day with.

Breakfast is the most important meal of the day. It has to be beneficial for growing kids. Breakfast must be nutritious, as well. Kids need calcium, protein and energy. Only milk is not enough. There must be carbohydrates and other more healthy food sources.

Below are a few recommendations of healthy, quick breakfast for growing kids:

1. Boiled Rice (fish/chicken)/Porridges

Cook at dinner time and to warm in the morning. Sprinkles with coriander and spring onion.

2. Two pieces of toast, an omelette, milk and orange juice

3. Wholewheat sandwiches and milk

Credit: Momypedia

<https://women.mthai.com/momandchildren/mom-child/159017.html>