

- Breakfasts / Child development

WHY KIDS NEED A POWER BREAKFAST

The Philippine Star · 29 Mar 2022 · C5 · Post me a note at mylenedayrit@gmail.com.

scores in reading, math and science. Breakfast promotes a good mood. According to research, children feel significantly more cheerful and energized during days when they eat breakfast versus when they do not. Skipping breakfast leads to short-term energy deprivation, which affects the mood negatively. It also helps if their breakfasts are packed with nutrients like B-vitamins and iron, as kids deficient in these nutrients tend to have worse moods. An energizing and nutritious breakfast paired with a nutrient-packed drink like Milo helps them get ready for a great day ahead.

How can mothers make morning nutrition fun and not boring?

Ensure variety. Prepare a different breakfast every morning so they look forward to something new everyday. It can also be the same food item but with a bit of twist like addition/ replacement of some ingredients. (For example, pan de sal and egg. It can be with cheese on one day, with ham next time or vegetable omelet at another time.)

Add colors. Vegetables and fruits add color, nutrients, texture and variety. Overall, it makes the dish look more appetizing.

Fun plating. Plating can be a fun art activity for your child. Cut up fruits and vegetables a different way next time. You can even ask your child to arrange their food on their plate like making cute animal faces.

What makes up a healthy breakfast for kids in terms of calories and macro-nutrients?

A quick and easy nutrition guide for nutritious and balanced breakfast is the Pinggang Pinoy developed by the Department of

Science and Technology-FNRI. Half of the plate should consist of Glow Foods — vegetables and fruits that are rich in vitamins, minerals and fiber. The other half consists of carbohydrate-rich Go Foods, like rice, bread, or whole grain cereals; and protein-rich Grow Foods like fish, meat, or egg. A nutritious drink like Milo can help further boost the protein and calcium content of this meal, plus add hydration.

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