

UPSHOT OF SKIPPING BREAKFAST ON OVERALL HEALTH AND PERFORMANCE OF SCHOOL GOING CHILDREN

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ABSTRACT

Most of us underrate the value of breakfast; we may only have a glass of milk, or tea and nothing at all. It may not affect us in short run but has a greater influence in the long run. The children who inculcate the habit of skipping breakfast may develop into lethargic, irritable and obese adults. Insight into the pattern of consumption of breakfast among school going children is of great concern, for diverse reasons. This paper focused on preponderance of evidence suggesting that eating a breakfast is the key to sufficiently balanced nutrients which further has a beneficial impact on both school going children's health and early physical development followed by cognitive competence such as high concentration and good memory span. Skipping breakfast or consuming an inadequate breakfast contributes to dietary inadequacies that are once in a while counterbalanced at other meals of the day but still unable to meet the actual nutrient requirement which it is supposed to. Along with consumption of breakfast, size and composition of breakfast has a vital role to play. Furthermore, suggestions were also prescribed to help students not to skip breakfast for that participation of parents and collaboration of school environment and teachers is must. The conclusion was derived on the basis of facts and researches reviewed and all pointed out the importance of breakfast for school going children facilitating overall health of the children and their performance in school

KEYWORDS: Nutrient Requirement, Breakfast School Going Children