

## Healthy breakfast

Breakfast is considered important for wellbeing and is an essential element of healthy nutrition lifestyle. In particular is very important for children since helps them to be alert at school, helps them to meet their nutritional needs and maintain proper weight. During March 2015, School Health Visitors have been invited to organize workshops in every class about the benefits of the regular breakfast intake. After that, we have organised a healthy breakfast day during which children had the opportunity to take their breakfast at school. Healthy breakfast buffet included plain Greek yogurt, dried fruits, nuts, low sugar plain cornflakes and honey. After the success of this event we have decided to offer children once a week a healthy breakfast at school , (consisting of milk, low sugar plain cornflakes and fresh fruit). The feedback we have been receiving from both children and their parents is very encouraging, since more and more children are now having breakfast before coming at school!



