

Experimental Senior-
High School of Patras

ENGLISH COURSE
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BREAKFAST

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The meaning of breakfast

- It is no coincidence that 'breakfast' means 'breaking the fast'.
- After overnight fasting and after having consumed all the stored energy, the body and the mind need new supplies to start the day.



The meaning of breakfast

- Breakfast gives us what nutrients we need for our day
- With a good breakfast, we start stronger, with better mood and concentrate better in what we do.
- If we do not have breakfast, we will feel very hungry at school and be forced to eat less healthy and fattening foods that one can buy from shops and kiosks.
- Also, breakfast is a good opportunity to sit with the family at the table before the beginning of the day!



Why breakfast helps children

Children who eat breakfast:

- perform better in school
- learn better
- concentrate better
- make fewer mistakes
- achieve highest score in tests
- work faster
- are more creative
- are more collaborative
- communicate better with their peers
- cause fewer fights
- are less likely to make disciplinary offenses



Conclusion

According to the above, it is obvious that a balanced breakfast is essential in the diet of children.

The inclusion of appropriate food in children's breakfast contributes significantly to meeting their increased needs for energy and nutrients, enhancing good health and development and ensuring the establishment of proper eating habits for life.







For more information visit :

<http://www.iatronet.gr/diatrofi/paidiki-diatrofi/article/17522/paidiko-prwino-polytimo-kai-anantikatastato.html>



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