



# M.M. PUBLIC SCHOOL

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## Breakfast an Important Meal of the Day

Dear Parent,

It has been observed that children are coming without having breakfast to school.

Breakfast is one of the most important meals of the day as it is consumed nearly after 10 – 12 hours of fasting overnight. When we sleep at night our body rests but our brain doesn't .it continue to use the energy stored in the body. Therefore, when we wake up our body need to, recover from fasting state and if we don't supply energy and come empty stomach to school or only a glass of milk. It will not work rather would harm.

By just giving proper meals your ward, you can make a huge positive difference in your child's health. Children who habitually eat breakfast tend to have a better academic performance. So, students should also be encouraged to bring healthy food with them as it improves immunity against diseases.

  
PRINCIPAL