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## To be wide awake at school, Have a nice morning breakfast!

Each day, the infirmary nurses have to deal with the problem of secondary pupils complaining about headaches and concentration problems in the mornings. Most of the times, these pupils haven't eaten breakfast.

To start a working day without breakfast is like going on a journey with a car without fuel. The engine will gradually slow down and then stop.

This is exactly what happens if you don't eat a morning breakfast. Around 10.30, you may feel your energy drop and experience concentration problems. Eating a chocolate bar or sweets doesn't replace breakfast.

To begin the day properly, it is important to eat : fruits, cereals, proteins (milk, cheese) and to drink fresh juices. These foods will provide all the energy you need.

Young people who don't eat breakfast :

- Tend to gain weight
- Could suffer from iron deficiency (tiredness and irritability)
- Have concentration problems at school



**Take 5 min. each morning to have a breakfast  
And your school day will be much easier!**