

健康小資訊

Healthy Tips

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Catered for Your Health



Let A Good Day Starts in the Morning



The key to feeling energetic and bright – BREAKFAST!!!

The word breakfast literally means “break the fast” – breaking the fasting period of the prior night. After a long night, it is time to replenish our bodies with energy. A hearty, nutritious breakfast allows us to have a good start in the morning! Breakfast is a very significant meal, however it is often neglected. According to the American Dietetic Association’ studies, it indicated that children who took breakfast had better concentration levels, hand-eye coordination and problem solving ability compared to those who did not eat breakfast. Therefore, skipping breakfast not only affects health but also affects academic performance.

Listed below are some ideas for breakfast. Let’s start every day with a healthy breakfast and learn new things effectively!



Cucumber and tuna sandwich

Tomato and boiled egg sandwich

Oatmeal & toast with peanut butter

Tomato and chicken macaroni in soup

Breakfast cereal & fruit/ dried fruit

Congee with lean meat and sweetcorn

