2.

LAST BREAKFAST OF THE FIRST SEMESTER

We made our last breakfast activity together to gain a healthy breakfast habit within the scope of the nutrition-friendly school project.

Our body continues to work even while asleep. There is 8 to 12 hours between dinner and breakfast. During this time, the body uses all of the glucose it stores as glycogen. If breakfast is not served in the morning, glucose, the only energy source of the brain, cannot be provided. In this case, fatigue, headache, attention deficit and perception problems occur.   
Starting the day without breakfast reduces efficiency and productivity.

School success of children who do not have breakfast also decreases. Understanding capacity, focus and concentration decrease. Starting the day without getting enough energy and nutrients, the body uses it from its own stores, which reduces resistance against diseases. The morning breakfast is the golden meal of the day.

Our school principal, Tuba SİNAN, said, "We organized regular breakfast events to give our students the habit of having breakfast, considering that the impact of breakfast, which is important for our health, is the basic need of our students."

V.Berat SİNAN Nail ÖZBAY