

Healthy breakfast

Diet has a big influence on whether your child can concentrate and is fit for school. All children should eat a balanced breakfast in the morning.

- Not too much sugar

Sugar makes you tired! This means that sweets, sweet spreads (e.g. Nutella & co) and sweet drinks have no place in your child's school bag. Sugar causes children's blood sugar level to increase rapidly, making them restless. When their blood sugar level drops again, children become tired. They find it more difficult to concentrate.



- Plenty of fruit and vegetables

Fruit and vegetables are healthy and should definitely be on the menu every day. As a point of reference: everyone should eat five portions of fruit or veg per day. One portion means a handful (i.e. the size of a child's hand in the case of children). Give your child a choice of different types of fruit/vegetables, so that s/he can be involved in the decision.



- Wholegrain rather than white bread

Wholegrain products ("Vollkorn" in German) help you to feel full for longer after eating them and contain many important nutrients. This means that wholegrain bread or wholegrain rolls are perfect for school and kindergarten. Suitable filling include cheese, vegetarian spreads, cottage cheese and low-fat cold meats (Wurst). For a change, you can also give your child unsweetened muesli with natural yoghurt or quark. Eaten with fruit, it is healthy and delicious!



- Plenty to drink

Children should drink a total of 1-1.5 litres of fluid per day. Preferably a little more in the summer, when it is warm. Parents should also avoid giving their children sugary drinks. Water, unsweetened tea and carbonated water with fruit juice are the best thirst quenchers.

