



# Kids

## Primary school students going to school hungry

NEW research conducted among parents of primary school children nationally highlights the breakfast battles faced by families.

The Galaxy Research, commissioned by the Australian Breakfast Cereal Manufacturers Forum, reveals more than 2.2 million (67%) Australian parents worry their children don't eat enough breakfast to get them through a morning at primary school, while almost 200,000 parents send their children to primary school without breakfast most mornings.

Mother-of-two, dietitian and expert on taming fussy eaters, Kate Di Prima said the figures were alarming.

"The primary school years are the most crucial for establishing routines and healthy dietary habits, and while parents are desperately trying to do what's right, they're often pressed for time and completely confused as to what's good for their children," Ms Di Prima said.

## FAMILY LIFE

### Brekky battle

Dietitian Kate Di Prima's tips:

- Don't turn on the TV or technology until breakfast is eaten and children are ready for school.
- Find out what your children enjoy for breakfast, so you don't waste time preparing options they won't eat.
- Take 15 minutes each night to prepare for the morning rush – have cereal out and ready, prepare porridge so it just needs to be warmed, etc.
- Consider an option for breakfast on-the-go. My favourite is a "nibbler box" of dry breakfast cereal, sultanas and fresh fruit.
- For kids with early sport make a smoothie with breakfast cereal, milk and other favourite fruits the night before, so it is ready to grab, shake and go in the morning. Or have a liquid breakfast product at the ready.
- If your children love a cooked breakfast, eggs really only take a few minutes. If this still seems too time consuming to tackle, try pre-packing lunch boxes the night before to add in some extra time to your mornings.
- Lead by example. Ensure you are taking time to have breakfast, it will give you the energy and patience you need to manage the morning rush and really does set the best example.