

Awareness regarding the Importance of a Nourishing Breakfast-Workshop

It is a serious concern these days that today children in urban India take a nutritionally inadequate breakfast. We will all agree that regular breakfast consumption can result in children being alert and attentive, leading to better performance.

We at JMIS strongly believe that it is important for India's next generation to start their day with a nourishing breakfast which must have at least three of the five food groups.

- Grains
- Dairy
- Fruits
- Vegetables
- Protein

We at JMIS joined our hands with Kellogg's to take this initiative forward and had a Breakfast awareness Programme as a workshop for grades I to IV which was comprised of engaging discussion, fun facts and a tasting session with Kellogg's cereals-Kellogg's chocos with milk. Children were so excited to listen to the facts that how no breakfast affects our complete day and enjoyed the yummy chocos with milk.