



Match child's diet with school schedule

In article number 77, we discussed the diet during infancy. But as a child grows older, his diet pattern will change but the underlying principles will be the same. Planning the diet of a schoolchild is as much of an art and science. The five to six meal pattern during infancy is cut down taking the school schedule into consideration.



Dr Sham Bhosale

Breakfast & mid-morning snacks: A nutritious breakfast ensures a productive day and hence should be planned in such a way so as to provide adequate calories and proteins e.g. *poha/upma* with added peas/sprouts, *dosa, uttappam*, cornflakes with milk, cheese or paneer sandwich, french toast, oats/*rawa* porridge, idli, *sago khichadi* accompanied with a cup of milk. One third to half of total day's nutritional requirement should be fulfilled by breakfast plus mid-morning snacks.

Lunch: Lunch should be prepared with creativity. It should be nutritionally balanced and child friendly. Chapati and vegetables can be replaced by stuffed *parathas* of vegetables, dal and paneer. Ensure that protein rich foods like pulses or milk products or egg/non-veg are included in every meal.

Snacks: Snacks should be simple and readily available. Habituate your child to eat fruits. Drinking fruit juices should be discouraged. Replace *chiwda/wafers* with low calorie nutritious snacks like brown bread sandwiches.

Dinner: Late night dinner should be avoided. Dinner should be a family time and not TV time. Eating with the family is beneficial, because family being the primary agent of socialisation has the

Dr Sham Bhosale,

MD DCH, consultant paediatrician

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responsibility to groom children and also monitor them. Children should be asked to eat slowly and savour each bite.



Lions Clubs International
DISTRICT - 323 D2

