

# HEALTHY TIMINGS, HEALTHY CHILDREN: WHY PROPER BREAKFAST AND LUNCH MATTER MORE THAN EVER

In today's fast-moving world, one of the most worrying trends we observe among children is the lack of proper meal timing. Many students skip breakfast or eat too little in the morning, and their lunch gets delayed because of long travel hours or distant school routes. What appears to be a small inconvenience today can turn into serious health concerns in the future.

Breakfast is the body's first fuel of the day. When a child leaves home without a proper breakfast, it affects their concentration, stamina, and overall learning ability. Similarly, when lunch is pushed late due to long commute times, their metabolism gets disrupted. Over time, irregular meal timings are linked to malnutrition, low immunity, hormonal imbalance, fatigue, early obesity, and even childhood diabetes.

One of the simplest ways to protect children's health is to reduce their travel time. Choosing schools that are not excessively far ensures that students can eat:

- A nutritious breakfast at the right time
- A proper lunch during school hours, without delays
- Meals that support their growth, focus, and emotional well-being

In this age where children already face increased screen exposure and reduced physical activity, maintaining regular meal timings becomes even more crucial. Good health is the foundation of academic performance and personal growth. Once health is compromised, everything else—from learning to confidence—gets affected.

For every parent, ensuring that their child has timely meals, balanced food intake, and minimal travel stress is one of the greatest investments in their long-term well-being. Healthy routines today shape healthier futures tomorrow.

