

NUTRITION & HEALTH

April 12-14, 2018 | Amsterdam, Netherlands

Analysis of breakfast habits of children aged between 10-15 years in a selected private International schools in Colombo, Sri Lanka and corrective recommendations

Dilum R Weliwita

University of Kelaniya, Sri Lanka

Statement of the Problem: It is a known fact that the breakfast, which is recognized as the most important meal of the day, should not be skipped. In the case of schooling children, there may be a possibility that the busy morning schedule may exert a pressure on parents and children to skip the breakfast altogether. At least, it may have an impact on choosing the type of the breakfast. In addition, private international school has students, coming from not only the Colombo and suburb area but also from the far away from the Colombo city, therefore getting up early to come to school and not living with the parents could effect on their breakfast habits. The purpose of the study was to analysis the breakfast habits among international school children aged from 10-15 in Colombo, Sri Lanka and give corrective recommendations.

Findings: It was found that a half of the children subjected to the current study omitted breakfast routinely. Only one third had a regular breakfast.

Conclusion & recommendations: The majority indicated that they were aware of the importance of consuming breakfast and that they felt hungry in the morning. The vast majority, including the breakfast skippers, stated that lack of time as a factor that had the main negative impact on having breakfast routinely, therefore current study recommended allocation of a time slot for breakfast in the morning time table at the school.

Biography

Dilum R Weliwita R G N is serving as a Lecturer in Nursing and Allied Health. She is also practicing as a Nutrition Consultant and is a Director of health solutions and consultancy services. She is graduated from Middlesex University London in February 2003 and began practice as a registered nurse under the Nursing and Midwifery Council in the UK. She obtained her Masters of Science degree in Food and Human Nutrition at the University of Kelaniya, Sri Lanka in July 2015. She has obtained her Executive Master of Science in Health Administration at Asia e University Malaysia in 2016. Currently, she is reading for her PhD. She has gained experience in various areas of patient care, respiratory, infectious diseases, palliative care, and diabetes care and is also heavily involved with clinical development and student supervision, as a Preceptor for the junior nurses and student nurses. She has interests in health systems strengthening; therefore she is undertaking the post graduate diploma course in healthcare quality and patient safety at university of Colombo, Srilanka while reading for her PhD.

dilumweliwita@gmail.com

Notes: