



FIRST FEAST

● HEALTHY AND NUTRITIOUS BREAKFAST PROGRAM

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FOOD AND HUMAN RELATION

If you're unfamiliar with this concept, it can seem a little alien to refer to our connection with food as a relationship. Most people don't even think they have a relationship with food, but they actually do. Essentially, if you fuel your body with nutritious foods and goodness, your body will thank you in return, It is all connected. You might not be aware of this but both the food you ingest and the way you feel about it, can impact you and your life. We all know that if you eat something that doesn't agree with you, it can ruin your day. For example, indulging in a heavy piece of chocolate cake and felt ten times worse after? Consuming sugary foods can leave you feeling fatigued and stop you from operating productively. Putting an unhealthy strain on a relationship by giving your body excessive amounts of the wrong food can result in an unhealthy one. Something that you may not realise is that your relationship with food is massive. It encompasses so many aspects of life including your mood and wellbeing and withholds the potential to prevent conditions such as diabetes and obesity from happening. Ultimately, your food choices and the relationship we either abuse or nurture, will be felt in the body, mind and emotions. Your relationship with food can develop just like your relationship with people, depending on how much you invest in them. Not only will it benefit you, but your vibrancy and zest for life will have a knock-on effect to those surrounding you. A worthwhile investment if ever there was one!



BETTER WAY OF LIVING



**EAT
TO LIVE
DON'T
LIVE
TO EAT**



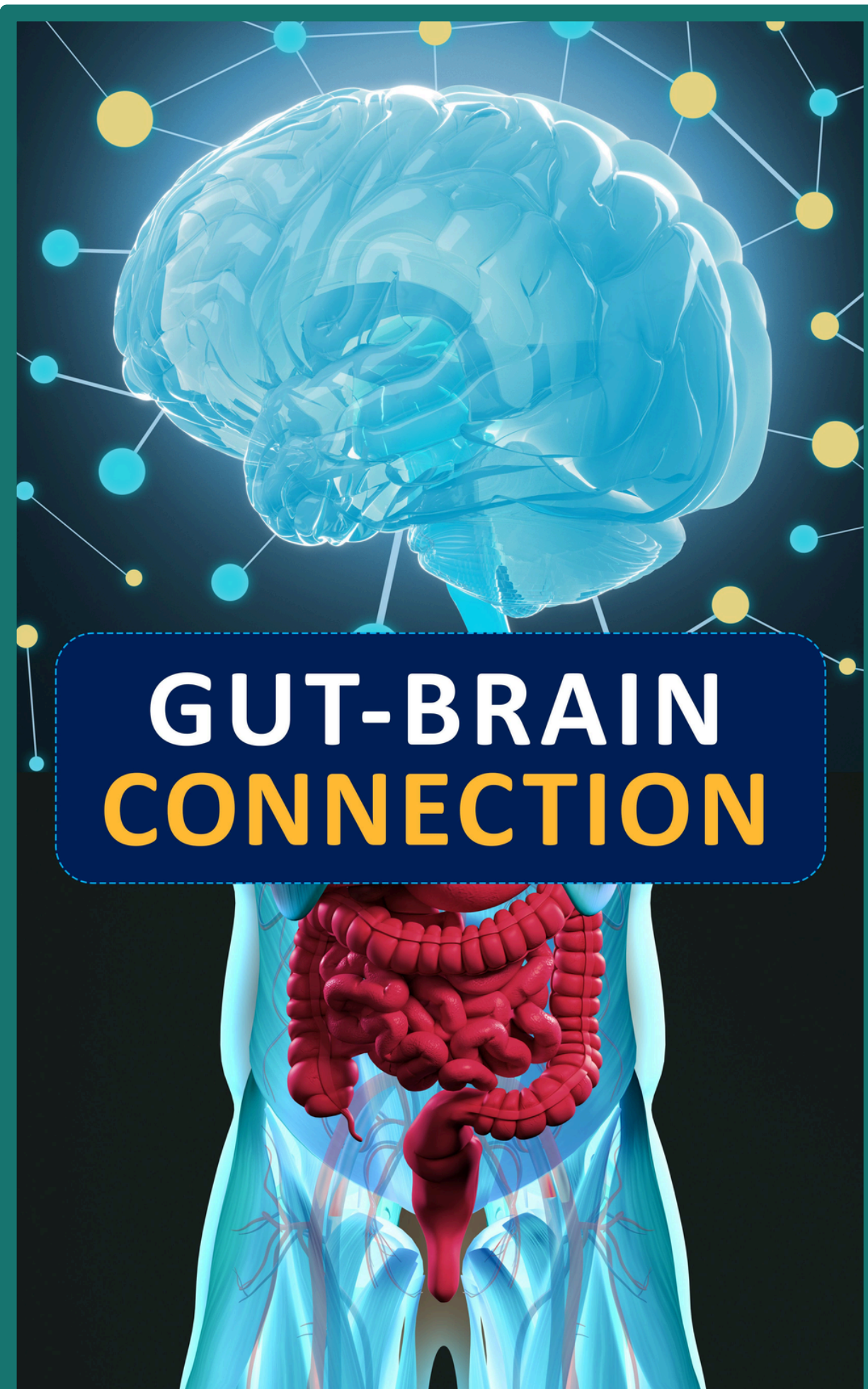
**LIVE
TO EAT
DO NOT
EAT TO
LIVE**

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EAT TO LIVE
↖ **US** ↗
LIVE TO EAT

The ongoing battle
of how we view food.
Which one will you choose?





GUT-BRAIN AXIS

The psychological factors influencing food choices have been linked to both short-term and long-term mood states, and it is known that dietary intake of particular nutrients can affect the biological processes underlying cognition, emotion, and behavior. Numerous studies have found that meal experiences have an impact on mood in both positive and negative ways. Because of this, it can be challenging to pinpoint the beginning and end of the temporal food and mood cycle, though it has been suggested that some meals may do so.

The purpose of this narrative is to emphasize the importance of food consumption and meal selection on mental health and brain function, including psychological and behavioral reactions such as mood, loving , violence, and any activity. Food behaviors are shifting significantly over the world. There are also significant changes in mood, sadness, happiness, and violence, as well as the spread of the variety and severity of mental diseases that lead to violent acts, food consumption and meal selection significantly impact mental health and brain function.



The Mental and Cognitive Impacts

1 Mood Fluctuations

The rise and fall of blood sugar levels caused by consuming sugary and refined carbohydrate-heavy foods can contribute to mood swings, irritability, and even depression. Choosing complex carbohydrates, healthy fats, and lean proteins helps maintain stable energy and mood.

2 Cognitive Performance

Certain nutrients, like omega-3 fatty acids and antioxidants, are essential for brain health and cognitive function. A diet lacking in these vital components can impair memory, focus, and decision-making abilities, hampering our day-to-day productivity and overall mental sharpness.

3 Behavioral Changes

Additives, preservatives, and artificial colorings found in many processed foods have been linked to hyperactivity, attention-deficit disorders, and aggressive behavior, particularly in children. Opting for whole, unprocessed foods can help promote calmer, more focused behavior.

The Long-Term Implications

Addictive Tendencies

Highly palatable, calorie-dense foods containing high levels of sugar, fat, and salt can trigger addictive behaviors, leading to overconsumption and a cycle of cravings. This can have long-lasting effects on our relationship with food and overall health.

Generational Impact

The dietary habits we form can be passed down to future generations, perpetuating a cycle of poor health. Instilling healthy eating patterns in children can help break this cycle and empower them to lead vibrant, fulfilling lives.

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Social Withdrawal

Poor physical and mental health caused by an unhealthy diet can lead to social isolation, as individuals may feel self-conscious, lack the energy to engage with others, or struggle with the cognitive and behavioral impacts that impair social functioning.

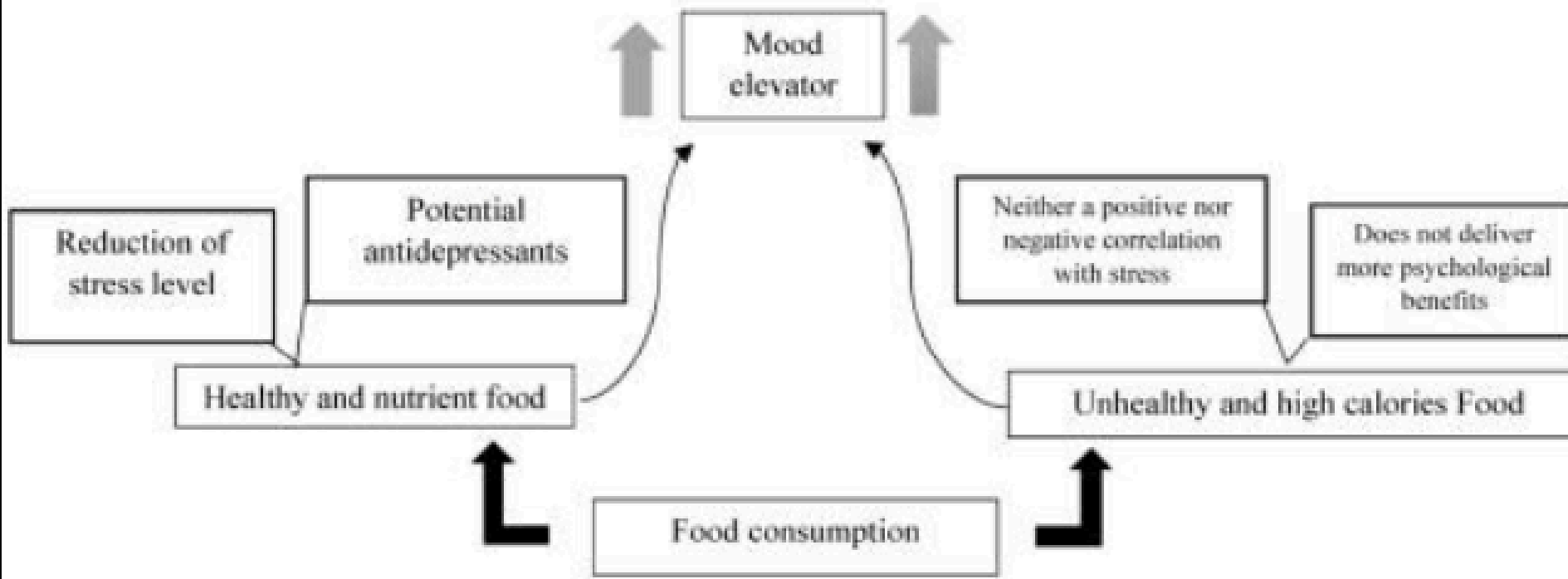


Table 1

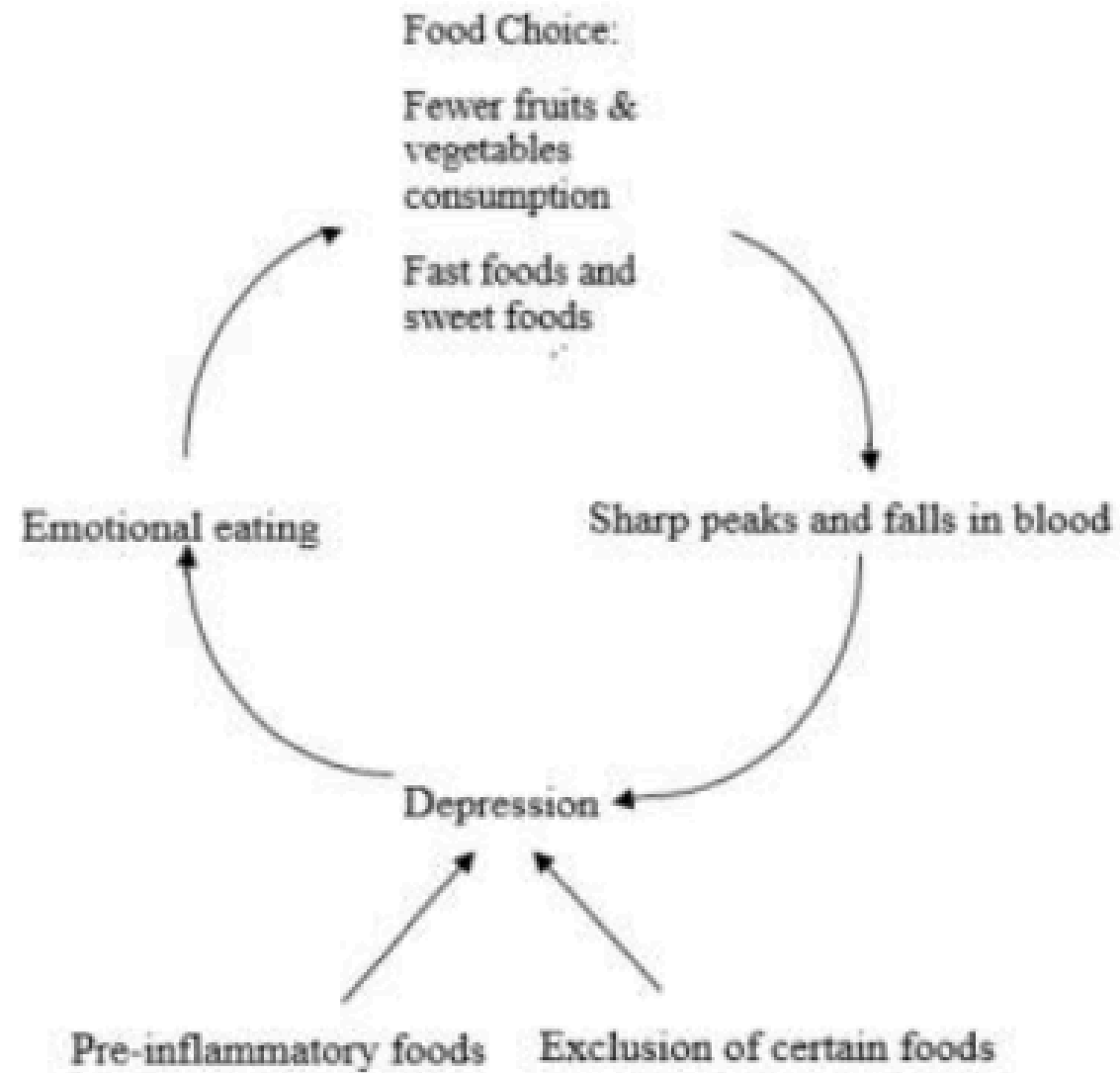
Effect of food choice on psychological reactions and behavioral responses.

Objective	Key Sections
Food and Mood	Stress and depression may cause emotional eating
	Unhealthy food choices reduce satisfaction and psychosomatic benefits
	Consuming fruits and vegetables reduces stress levels
	Food’s antioxidants boost mood, reduce tension, and protect against anxiety
Food and Depression	Poor eating, smoking, and an inactive lifestyle raise the risk of depression
	Exclusion of certain foods increases depression risk
	Vitamin B complex, D, C, zinc, omega-3 fatty acids, and antioxidant deficiencies can negatively impact mood and potentially lead to depression. Nutrients like fruits, vegetables, and dairy are essential
	Consuming pro-inflammatory foods increases depression risk; low-inflammatory diets reduce symptoms
Food and Happiness	Hormones like adrenaline, cortisol, and glucagon affect anxiety, hunger, and hypoglycemia
	Research supports the idea that good dietary choices, like fruit and vegetable consumption, benefit physical and mental health

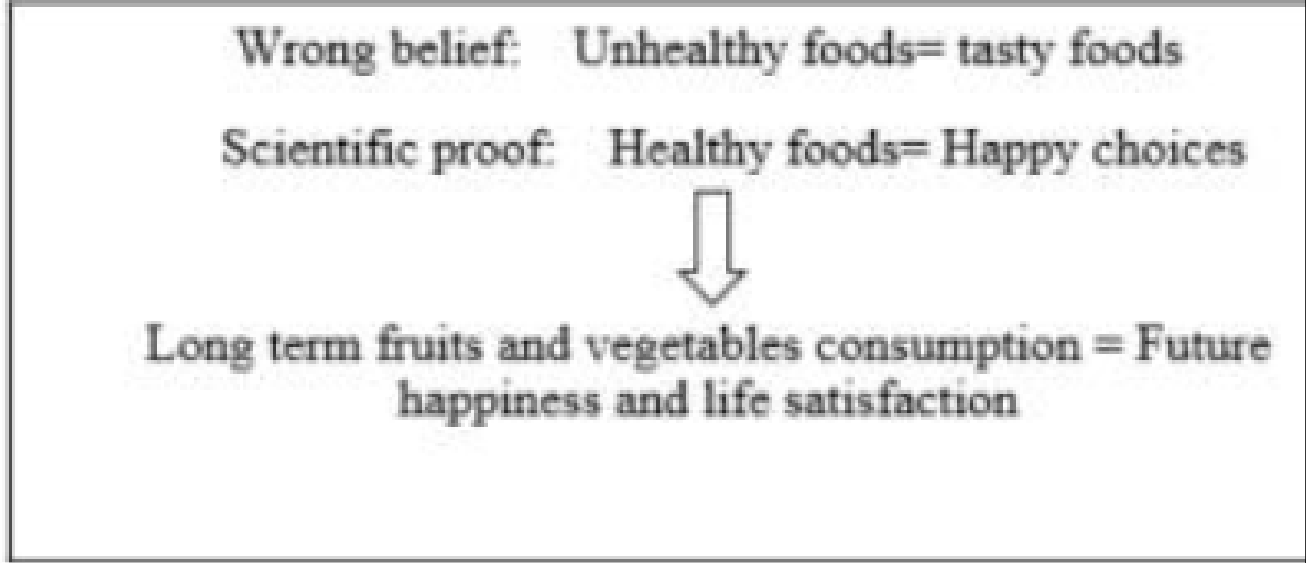
Food and mood
(A)



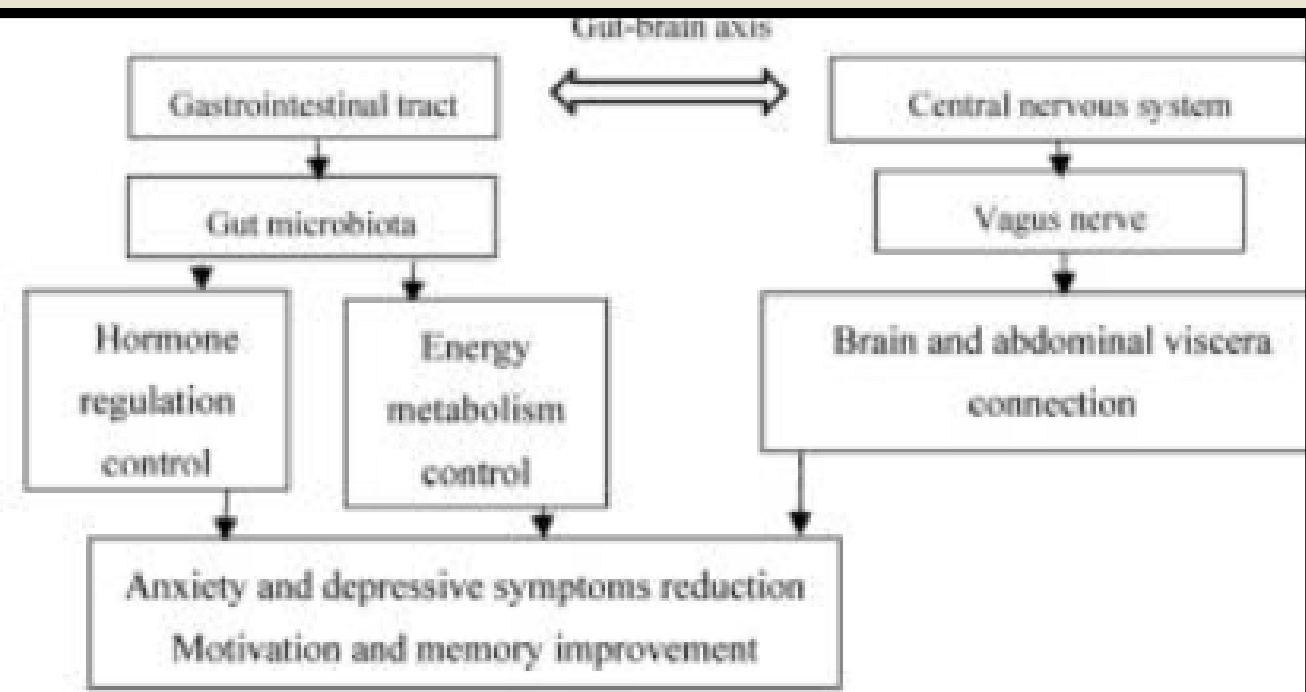
Food and depression
(B)



Food and happiness
(C)



Gut-brain axis communications and behavioral responses
(B)



RESEARCH BY MUNICIPAL CORP.



Effects of Tiffin Practices on the Health of School Students in Makawanpur District, Nepal

ARTICLE LINK-

<https://www.nepjol.info/index.php/irjmmc/article/view/56014>



Prof. Ram Prasad Adhikari



Tiffin habits of school children

ARTICLE LINK -

https://www.researchgate.net/publication/365132846_Tiffin_habits_of_school_children



DR. Premlata mittal



Local parents cause problems for tiffins in school.

ARTICLE LINK -

<https://www.yourlocalguardian.co.uk/young-reporter/9503935.local-parents-cause-problems-for-tiffin-school/>



Research Gate

IMPORTANCE OF BREAKFAST

A growing body of research highlights the profound impact that a healthy breakfast can have on a child's development and academic success. Consuming a balanced breakfast provides essential nutrients and energy to fuel the brain, enhance concentration, and improve overall cognitive function. Studies have consistently shown that students who regularly eat breakfast demonstrate higher levels of attentiveness, better academic performance, and reduced risk of obesity compared to their peers who skip this crucial meal.



FUELS BRAIN FUNCTION

Breakfast supplies the necessary nutrients and glucose to power the brain, enabling students to focus, retain information, and perform at their best throughout the day.



BOOST ACADEMIC ACHIEVEMENT

Numerous studies have linked regular breakfast consumption to improved test scores, higher graduation rates, and enhanced overall academic outcomes.



PROMOTES HEALTHY WEIGHT

Eating a healthy breakfast can help regulate metabolism and appetite, reducing the likelihood of weight gain and obesity among students.

CHALLENGES

PROBLEM AND ITS IMPACT



1. LACK OF NUTRITIONAL BALANCE

- **Our Problem:** Many tiffins are not nutritionally balanced, often lacking in essential nutrients like proteins, vitamins, and minerals.
- **Impact:** Poor nutrition can lead to fatigue, lack of concentration, and overall poor health.



2. REPETITIVE AND MONOTONOUS MEAL

- **Problem:** Children often receive the same types of food every day, leading to boredom and lack of interest in their meals.
- **Impact:** This can result in children not eating their meals, leading to wasted food and insufficient nutrition.



3. UNHEALTHY FOOD CHOICES

- **Problem:** Tiffins sometimes include unhealthy snacks, processed foods, or sweets high in sugar and unhealthy fats.
- **Impact:** Regular consumption of such foods can contribute to obesity, dental problems, and other health issues.



4. FOOD SAFETY AND SPOILAGE

- **Our Problem:** Tiffin boxes are sometimes not properly insulated, leading to food spoilage, especially in hot weather.
- **Impact:** Spoiled food can cause food poisoning and discourage children from eating their meals.



5. LACK OF VARIETY AND APPEAL

- **Problem:** Tiffins may lack variety and visual appeal, making the food unappetizing for children.
- **Impact:** Unappetizing food can lead to children not eating their meals, resulting in nutritional deficiencies.



6. INADEQUATE PORTIONS

- **Problem:** Some tiffins contain either too little or too much food, leading to children either feeling hungry or wasting food.
- **Impact:** Inadequate portions can affect children's energy levels and ability to focus in school.

ABOUT US

First Feast is a pioneering breakfast programs dedicated to transforming the health and well-being of children through the power of a nutritious breakfast. Founded in 2020, our mission is to ensure that every child starts their day with a wholesome, balanced meal that fuels their body and mind, setting the stage for a successful and vibrant day. We ensure that with proper nutrition students have the energy and stamina to participate actively in school activities, from academic lessons to extracurricular pursuits. A well-balanced diet rich in essential nutrients like vitamins, minerals, proteins, and healthy fats supports optimal brain function, enhancing memory, concentration, and problem-solving skills. This foundational aspect of health not only boosts academic performance but also fosters a positive school experience. This approach not only equips students with the knowledge and habits needed for lifelong health but also empowers them to reach their full potential both inside and outside the classroom. Investing in student nutrition is, therefore, a crucial step towards building a healthier, more educated, and more prosperous future generation.



FIRST FEAST
FUELING THE FUTURE



WHAT WE BELIEVE

ABOUT OUR VISION AND MISSION

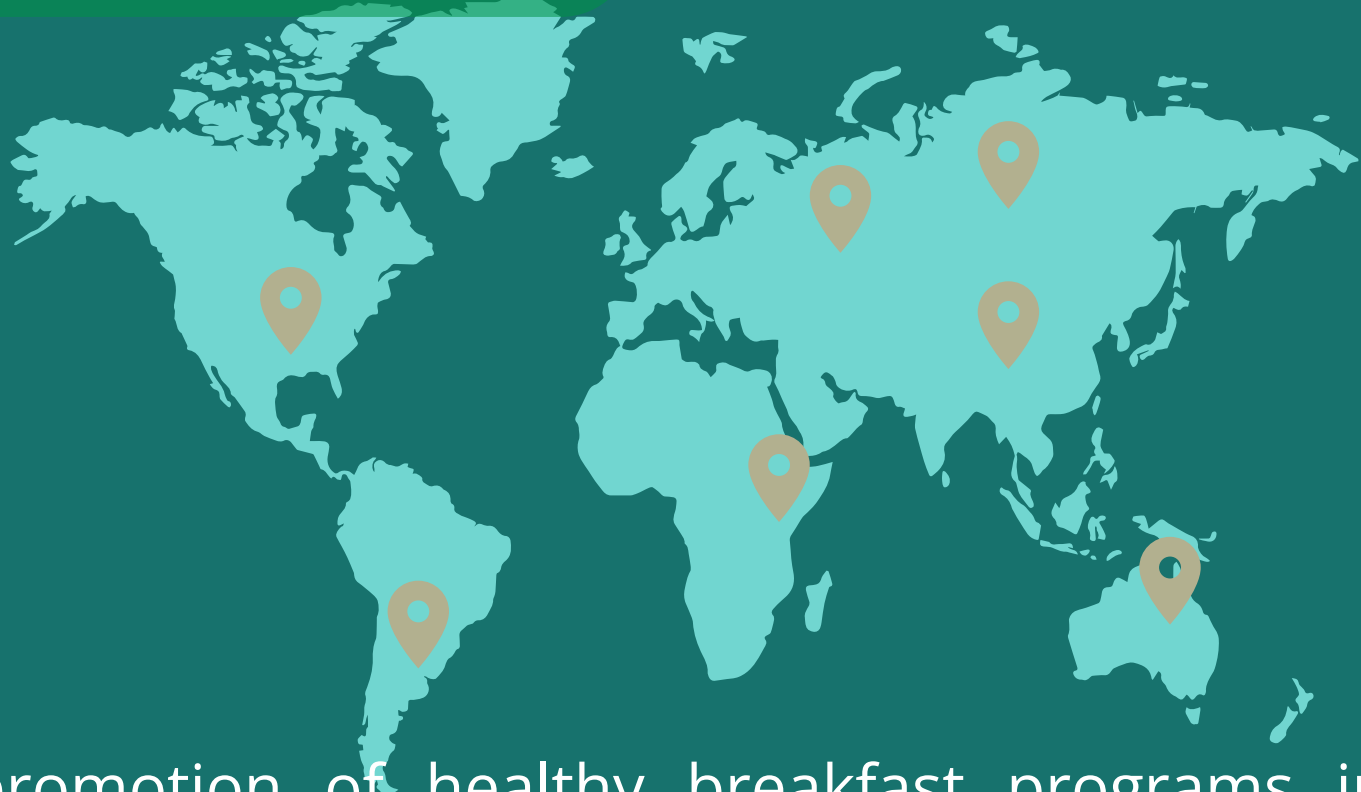
VISION

We envision a world where no child goes to school hungry and where every student has access to the essential nutrients they need to thrive. By focusing on the critical morning hours, we aim to combat childhood hunger, improve academic performance, and foster lifelong healthy eating habits

MISSION

To provide children with nutritious, delicious, and accessible breakfast options that support their physical and cognitive development, enhance their academic performance, and promote overall well-being.

PROMOTING HEALTHY BREAKFAST IN SCHOOLS



The promotion of healthy breakfast programs in schools is driven by our mission to provide every child with a bright start. By offering nutritious meals at the beginning of the day, we empower students to achieve their full academic and personal potential. This presentation will explore the significance of breakfast, showcase innovative breakfast options, and outline strategies to overcome obstacles and effectively engage the entire school community.

Achieving Nutritional Balance

01

THE IMPORTANCE OF BALANCED MEALS

A well-balanced tiffin should include a variety of essential nutrients, such as protein, carbohydrates, healthy fats, vitamins, and minerals. This ensures children receive the necessary fuel and building blocks for their growing bodies and minds.

02

COMMON NUTRITIONAL GAPS

Many tiffins lack essential nutrients, leading to issues like fatigue, poor concentration, and overall health concerns. Addressing these gaps can significantly improve children's energy, focus, and overall well-being.

03

NUTRITIOUS TIFFIN IDEAS

Tiffin options like whole grains, lean proteins, fresh fruits and vegetables, and healthy fats can provide a balanced and nourishing meal. With some creativity, parents can pack delicious and nutritious tiffins that children will enjoy.

Benefits of School Breakfast Programs

Implementing comprehensive school breakfast programs can have a profound impact on students, schools, and communities. By providing access to nutritious meals, these programs not only improve academic performance but also contribute to the overall well-being and development of children.

Improved Attendance

Studies have shown that students who participate in school breakfast programs have higher attendance rates and are less likely to be tardy, ensuring they don't miss out on valuable learning time.

Healthier Lifelong Habits

Exposure to nutritious breakfast options in schools can help students develop healthy eating habits that they carry with them throughout their lives, promoting overall wellness.

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Enhanced Classroom Engagement

Well-nourished students exhibit improved focus, concentration, and energy levels, which translate to more active participation and better learning outcomes in the classroom.



Combating Tiffin Boredom

1 Variety is Key

Introducing a diverse range of foods and flavors can prevent tiffin boredom and encourage children to explore new, healthy options.

2 Involve Children

Allowing children to help plan and prepare their tiffin can increase their interest and investment in their meals.

3 Appealing Presentation

Arranging tiffin components in a visually appealing way can make meals more enticing and encourage children to eat.

4 Themed Tiffins

Creating themed tiffins, such as international cuisine or favorite characters, can add excitement and engagement to mealtimes.



BREAKFAST OPTIONS

Schools have a unique opportunity to introduce students to a variety of delicious and nutritious breakfast choices that go beyond the traditional fare. By offering a diverse menu, schools can cater to different dietary preferences and cultural backgrounds, ensuring that every child has access to a wholesome start to their day.



Whole Grain Goodness

Whole grain cereals, oatmeal, and whole wheat toast provide complex carbohydrates, fiber, and essential vitamins and minerals to fuel growing bodies and minds.



Fruit & Dairy Power

Fresh fruit, 100% fruit juices, and low-fat dairy products like yogurt and milk offer a potent blend of nutrients, including vitamins, minerals, and protein.



Protein-Rich Picks

Eggs, lean meats, and nut butters are excellent sources of protein that can keep students feeling full and energized throughout the morning.

ENGAGING STUDENTS AND PARENTS



01 Nutrition Education

Engaging students in hands-on nutrition lessons and cooking demonstrations can cultivate their interest in healthy eating and inspire them to make informed choices at breakfast and throughout the day.

02 Parent Involvement

Inviting parents to participate in menu planning, provide feedback, and volunteer in breakfast service can strengthen the home-school connection and ensure that breakfast offerings align with family preferences and needs.

03 Breakfast as a Social Activity

Encouraging students to enjoy breakfast together in a welcoming, community-oriented environment can foster positive social interactions and reinforce the importance of shared mealtime as a daily routine.

EXPANDING THE BREAKFAST REVOLUTION

As schools and communities recognize the transformative power of healthy breakfast programs, it is essential to amplify our collective efforts and inspire broader change. By advocating for policies, building strategic partnerships, and sharing best practices, we can ensure that all students have access to the nourishment they need to thrive.

Forge Partnerships

Collaborate with local businesses, food banks, and community organizations to secure funding, donations, and resources that can bolster school breakfast initiatives.

Advocate for Change

Encourage schools to implement or enhance breakfast programs, and support policies that prioritize universal access to school breakfast for all students, regardless of socioeconomic status.

Share Success Stories

Inspire others by showcasing the positive impact of school breakfast programs and empowering schools, districts, and communities to replicate and expand these transformative initiatives.



A Bright Future for All

By prioritizing healthy breakfast programs in schools, we have the power to positively transform the lives of children and communities. Through a comprehensive, collaborative approach that addresses the diverse needs and barriers, we can ensure that every student has the opportunity to start their day nourished, energized, and ready to learn. Together, we can build a future where healthy breakfast is the norm, not the exception, setting our youth up for academic success and lifelong well-being.



A Nourishing Start

Providing students with a healthy breakfast lays the foundation for academic excellence, physical health, and social-emotional development, empowering them to reach their full potential.



A Collaborative Effort

Transforming school breakfast programs requires the collective effort of schools, families, policymakers, and community stakeholders, united in their commitment to supporting the well-being of all students.



A Brighter Tomorrow

By ensuring that every child has access to a nutritious breakfast, we are investing in the future of our communities, cultivating healthy, thriving individuals who will shape the world to come.



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CONCLUSION

A HOLISTIC APPROACH TO TIFFIN SUCCESS

The food we consume has a profound and often underappreciated impact on our physical and mental well-being. From our energy levels to our cognitive function, the nutrients we ingest can either empower us or hold us back. This presentation will explore the intricate ways in which our dietary choices shape us, both inside and out, and offer insights to help you unlock your full potential through mindful, nourishing eating habits.

By addressing the multifaceted challenges of school tiffins, we can empower children to develop lifelong healthy eating habits, enhance their academic performance, and foster a positive school environment. Through collaborative efforts, we can transform the tiffin experience and unlock the full potential of our students.

Thank you



THANK YOU

● FOR YOUR NICE ATTENTION

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JULY 2024

