



Bridging Refugee Youth & Children's Services

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Quraacdu Muhii Ayey u Tahay Caruurta iyo Dhalinyaradaba (Breakfast Benefits)

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Waxaan ogsoonahay sanado badan in quraacdu muhiim tahay. Cilmi baaris cusub waxay ka marqaati kacday in caruurta iskuulka dhigata iyo dhalinyaradaba faa'iido ka helaan nafaqada quraacda. Shan faa'iido oo waawayn waa:

- Intixaanka oo buundooyin sare laga keeno. Dhalinyarada quraacda wayka firfircoonyihiin diyaarna u yihiin in ay waxbartaan. Waxay u muuqdaan kuwo ka fahmo furan kuwaan quraacan, intixaankana najiido sare ayay ka keenaan.
- Debeecad samaan dheeraad ah. Kuwa quraacda way ka dabeecad sanyihiin kuwaan quraacan, taasini waxay dhalisaa in aysan rabsho fasalka ka dhex ridin.
- Quwad Dheeraad ah. Kuwa quraacda waxay qaataan "calories" si ay si joogta ah u shageeyaan una cayaaraan. Waxay kaloo helaan "calories"

We've known for years that breakfast is an important meal. Recent research confirms that school age children and teens benefit greatly from nutritious breakfasts. Five big benefits are:

- Higher Test Scores. Youth who eat breakfast are more alert and ready to learn. They tend to be better learners and score higher on tests.
- More Positive Attitude. Breakfast eaters have more positive attitudes and are less likely to cause problems in the classroom.
- More Energy. Breakfast eaters take in needed calories for sustained activity and play. They also have calories on reserve for endurance.
- Overall Better Diet. Breakfast eaters meet

kayd u ah si ay u xamilaan shaqada badan.

- Cuno cunis guud oo wanaagsan. Kuwa quraacda guud ahaan waxay buuxiyaan waajibka nafaqada qofkasta u baahan yahay. Sida faytamiin iyo nafaqada dabiiciga ah. Caruurta gefta quraacda ma helaan nafaqada ay ka heli lahaayeen quraacda badsiga qadada ama cashada.
- Culayska jidhka oo caafimaad qaba. Caruurta iyo dhalinyarada quraacda cuna way ka caafimaad badanyihiin kuwa aan quraacan. Kuwa gefa quraacda jidhkoodu wuu ka shilisyahay kuwa quraacda.

Talaabooyinka soo socda, waxay xakameeyaan amuuraha keena in waqti loowaayo cunada.

- Dardar geli dhalinta markaad samaynasid liiska cunada si aad u habsatid in ay ku dadalaayaaan cunada. Ka tabaabushayso cuno katimid ugu yaraan sedexda qaybood ee muhiimka ah ee quraacda maaalinwalba.
- Waajib maahan in quraacdu ka timaado cuntooyinka laga sameeyo qamadiga, sida siiriyaalka. Waxay noqonkartaa waxaad jeceshahay in aad cunto intii uu ka yahay shay aan caafimaadka wax u dhimayn. Tusaale ahaan, 100% isbarmuuto, caanaha subugu ku yaryahay, faryaamada, canaaha gadhoodhka ah ee fadhiya,

requirements for nutrients - vitamins and minerals.

Children who miss breakfast do not make up for lost nutrients later in the day.

- Healthier Body Weight. Children and teens who eat breakfast are more likely to have healthier body weights. Breakfast skippers tend to have more body fat.

The following tips tackle issues of not enough time or food.

- Involve youth when doing weekly menus to assure they're willing to try foods. Plan for foods from at least three of the main groups.
- Breakfast doesn't have to be just from the grain group like bread and cereal. It can be whatever you like to eat, as long as it is healthy. For instance, 100% juices, low fat milk, cheese, yogurt, soup or rice. cereals.
- **Keep fresh foods like leftover meat** in the refrigerator, ready to take to the table. Set the alarm 15 minutes earlier.
- Try quick breakfasts such as toasted bagels, topped with low-fat cream cheese, served with fresh grapes, and low-fat milk. Or stir fruit pieces and crunchy cereal

suugada ama bariis.

- Iskuday quraacda degdega ah sida roodi duban oo lamariyey faryaamo subageeda hooseeyo, oo lagu cabay canab fireesh ah, iyo caano subagoodu yaryahay. Ku lab miraha iyo siriyaal qalalan caanaha gadhoodhka ah si cunugu horay ugu qaato.
- Ukumaha xiran ama qafilan, faryaamo ama suugada basbaaska leh oo ladhaxgeliyey rooti jilicsan oo la dubay (jabaati, laxoox ama canjeelo) oo lagu cabay biyaha miraha iyo caano subagoodu hoseeyo.

into yogurt to eat on the run. For zip, roll scrambled eggs, cheese and salsa into a soft shell tortilla. Serve with fresh fruit and low-fat milk.

If your child attends a school that has a breakfast program, and you don't have time to fix breakfast, enroll your child into that program.

Ka feker in aad ka qayb qaadato iskuulka cunugaaga barnaamijkiisa quraacda. Hadii ay jirto fursadaasi si hadaad u waydo waqti aad cunugaaga quraac ku siiso.

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