

Herald Cafe

Busy parents' healthy breakfast fix

Preparing breakfast every morning that is nutritious has become next to impossible for working parents. Managing workloads and at the same time cooking healthy food items for their little ones is challenging

Elsa Angel Rose

For children, essentially to retain their energy throughout the day, breakfast is all-important. Brunch culture, late

breakfasts, or skipping breakfast simply doesn't work for kids. Here are a few ideas for a convenient and healthy breakfast options for kids, essential ingredients to be included in their meals, benefits, and more.

Vegan solutions

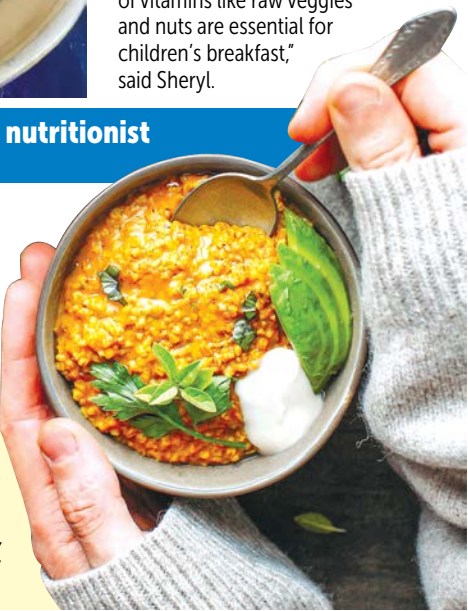
Vegan breakfast ideas are also a smart option for parents looking for healthy and easy breakfast ideas. "Plants have to be included. Vegetables can be added to idlis and dosas. Mango chutney can be made, vegetable-stuffed parathas, salads, and sambhars are a good option," said Dr Pinky. While we adopt a plant-based diet, we should regulate the amount of oil used in all meals. "We often assume that plant-based diets are healthy, but we go wrong with them when we add fat beyond limits when cooking vegetarian foods. So, keep an eye on that whilst ensuring that pulses and local vegetables form an integral part of breakfast preparations for kids," said Sheryl.



Traditional breakfast recipes by nutritionist Dr Viveka Barros

- Sabudhana vada or khichadi with ghee.
- Sweet potato and milk porridge
- Methi paratha with homemade curd and mango pickle
- Homemade seasonal mango jam with toast and ghee fried eggs.

Pair these with natural hydration options like kokum sherbat, nimbu sherbat, tadgola (ice apple), tender coconut water, rice kanji water, or ragi malt—all of which help regulate digestion, cool the body, and prevent sugar cravings later in the day

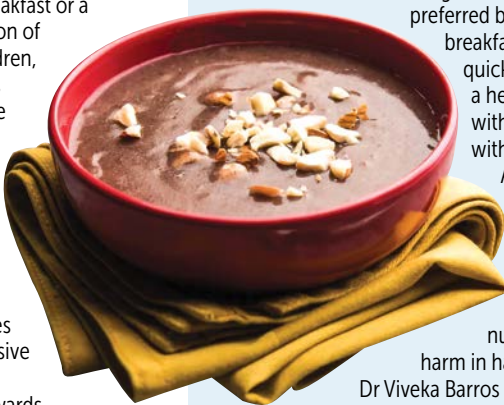


Essential ingredients

Whether one chooses a whole Goan quintessential breakfast or a more westernised version of breakfasts for their children, a handful of ingredients is a must-include for the sound health of the body. "Nuts, yogurt, cheese, eggs, and fruits are ideal to be included in your kid's breakfasts," said pediatrician Dr Pinky Paliencar. Carbohydrates and proteins, and exclusive sources of vitamins, are what drive the body towards optimal energy, growth, and overall health. "A carbohydrate-containing food like rice or wheat or rava; a protein-containing food such as a pulse or poultry, and a powerhouse of vitamins like raw veggies and nuts are essential for children's breakfast," said Sheryl.

Breakfast on the move

Breakfasts designed for convenience and the fast-paced lifestyles are preferred by working parents over the age-old traditional breakfasts. "There's no reason why you can't enjoy a quick meal that is also nutritious. For example, making a healthy sandwich with raw veggies, a milkshake with a dash of nuts and curds, boiled corn, and bhel without the sev and more," said nutritionist Sheryl Alphonso. Smoothies, overnight oats, protein bars, and breakfast sandwiches are fuelling the culture of grab and go. As long as these convenient breakfasts are nutritional, there's no harm in having them. Dietician Dr Viveka Barros notes, "Nutrition does not need to come at the cost of time. With some forethought and simple planning, busy parents can prepare wholesome breakfasts for their kids."



New healthy and substantial breakfast options for kids by Chef Saurabh Puri

Ragi (Nachni) porridge with coconut milk and jaggery - High in calcium and iron, suitable for growing kids. Add grated coconut, a pinch of cardamom, and jaggery for sweetness.

Sweet potato and banana pancakes (no maida) - Made with boiled sweet potato, mashed banana, whole wheat or oat flour, this dish is naturally sweet, high in fiber, and vitamins.



Mini idlis with coconut-carrot chutney - Use fermented batter for gut health. Chutney includes grated carrot, coconut, and roasted dals.

Masala oats with coconut and local spices - Oats cooked with mustard seeds, curry leaves, turmeric, and grated coconut. Add veggies like spinach or pumpkin.

Whole wheat bhakri with local fruit jam - Bhakris made from whole wheat or ragi. Pair with homemade jam from mango, guava, or kokum (low sugar version).

Fruit and yogurt parfait with Goan cashews - Layers of curd (or hung curd), fresh fruit (mango, chikoo), and roasted cashews. Add a dash of local honey.

Moong Dal Chilla with coconut chutney - Protein-packed savory pancakes made from green gram dal. Serve with a chutney made of coconut, garlic, and a hint of tamarind.



LOYOLA HS REACHES OUT TO THE LESS FORTUNATE IN MARGAO



THE KING'S SCHOOL CELEBRATES WORLD HERITAGE DAY

SWIPE RIGHT

Laapataa Ladies' Chhaya Kadam lands in legal trouble

Chhaya Kadam, a well-known name in the Marathi entertainment industry, rose to fame in Bollywood with Kiran Rao's hit film Laapataa Ladies. Now, she's reportedly found herself in hot water as the Forest Department has summoned her following claims of alleged wildlife meat consumption. As per a report, the Plant and Animal Welfare Society (PAWS), a Mumbai-based NGO, has flagged a serious concern to the Thane Chief Conservator of Forests and the Divisional Forest Officer regarding Chhaya Kadam's controversial claim. She had once reportedly said in an interview that she had tasted meat from a protected wildlife species. Now, the Forest Department is conducting a formal inquiry.



30th anniversary: Spice Girls set to reunite for world tour



A Spice Girls reunion could be on the horizon! Geri Horner, formerly Ginger Spice, has reportedly been in touch with the group's longtime mentor, Simon Fuller. The two are rumored to be meeting in Miami later this week to discuss a potential deal. It was also reported that Victoria Beckham, known as Posh Spice, has largely stepped away from the reunion plans. She has allegedly told friends that she is "90 percent out of the running." However, the remaining members — Geri, Emma Bunton, Mel B, and Mel C — remain optimistic about the reunion. A source said Geri has been "too busy," which has kept her from committing fully to a potential Spice Girls tour.



Kerry Washington looks stunning in a black sheer dress as she attends the Brooklyn Artist Ball in New York

Exuberance of Shirgavchee Zatra

Govind S. Poteker

The fragrance from the garland made out of jasmine (mogra) rends the air, turning the ambience into a captivating experience for thousands of devotees who throng the shrine of Lairai Devi in Shirgao to offer their prayers. Shirgavchee Zatra (feast) will be celebrated today, the 2nd May, Vaishakh Panchami as per the lunar calendar.

A humid day is no issue, as every road will lead to the temple, and it's a sight to behold as Dhonds, the Devi's devotees, clad in red or orange or purple dhoti and a white cotton banian, holding a twisted (Beth) cane stick, will be the cynosure of everyone. The enthusiasm and energy of each devotee is unimaginable, be it youngsters or the elderly, coming from far and wide. The feast is never missed by people, as success in their lives is considered as the Devi's blessing.



Flower and Oil as a Gift

This is a story of seven sisters and a single brother who made Goa and the neighbouring state their permanent abode, coming from high hills. Sisters Mahamaya, Kelbai, Mirabai, Lairai, Morjai, and brother Khetlo or Khetoba settled in different villages of Goa. Deities are revered in their respective villages and worshipped as family deities. According to legend, even

after a change in faith by one of the sisters, the confluence of two cultures, love amongst them never subsided. During Shirgao Zatra, Lairai Devi receives a basket of mogra flowers from her sister Mirabai, now known as Our Lady of Milagres, Mapusa. In return, a pot of oil is gifted by Lairai Devi on the occasion of the Milagres feast, which will be celebrated on the coming Monday, the 5th May.

Temple President's Message

Speaking to this writer, the president of the Devasthan committee, Dinanath Gaonkar, conveyed his wishes to all the devotees. This is a feast of faith by people in the deity, and we expect Dhonds to play an active role in the success of the festival.

Briefing about the festival, he said, after the arrival of 22 Chowgules, the Mankaris (who participate in the ritual), the festivity begins with the beating of drums in the Lairai Devi temple. Lairai Devi is worshipped as Kalash, which is composed of a copper pot adorned with jasmine flowers. Invoking the blessings from the Devi, the 'Chira' is taken from the temple in a traditional procession to Mahamaya Devasthan, Multhan, the original site of Lairai Devi's temple.

Dhonds and Fire Walking

Dhonds are the devotees who take part in fire walking. Any person who has faith in the Devi can become a Dhond. Gaonkar stated, "But it is important that the person has to abstain from consuming non-veg food and alcohol. Some follow the ritual starting from Saunsar Padvo or Gudi Padvo," he confesses. Eight-day fasting before the feast is followed by Mankaris. It is believed that Lairai Devi undertook fire walking as an act of repentance towards her ill-treatment of her brother, Khetoba. Dhonds are emulating the Devi, showing their total faith and devotion. During fire walking on the red amber, the hot and humid atmosphere is such that many of the Dhonds enter a trance state.

If humanity has to live, then it is the existence and co-existence of diversities we have inherited, and there is nothing better to celebrate than the feast of Lairai Devi and St. Milagres feast, the essence of composite culture.

