

Breakfast with Outstanding Kids brought to you by NESTLE® Breakfast Cereals

Aiming to be the best

Dayna Tan, record-holding author and race-walking medallist, won't leave home without breakfast

BY LIM YANN LING

WHILE many children at her age preferred to play with their toys, nine-year-old Dayna Tan had already read 320 books.

The avid reader then went on to publish her first book at the age of 11, entering her name into the Singapore Book of Records as the Youngest Published Author.

Launched on July 6, 2007, her book *I Read 320 Books At 9... So Can You* is already in its second print run.

But far from being a bookworm, the Primary 6 pupil at CHIJ St Nicholas Girls' School lives an active and healthy lifestyle, and she has the medals to prove it.

Last year, the enthusiastic gymnast won four medals (1 Gold, 3 Bronzes) at the National Inter-School Gymnastics Competition.

She also took part in Malaysia's Junior Race Walking Championships and came in second, collecting her first prize money of RM70. Dayna, now 12, was also recently awarded a Double Promotion for her Tae-Kwon-Do grading — something normally given to adults or older teenagers.

When asked to account for her outstanding achievements, the bright-eyed and bubbly girl, who was shortlisted for The Oprah Winfrey Show's World's Most Amazing Kids programme, says they are "rather hard to explain".

"There's this inner passion that drives me. When you beat your personal best, for example, there's this thrill to it that makes you want to do it again and again and again," she says.

Apart from her achievements, Dayna counts having a good breakfast as something of utmost importance to her daily routine.

"Breakfast is very important to me," adds Dayna, who devours as many as two to four books a week alongside her daily track or race-walk training.

"Since young, I've learnt from my parents that it is the most important meal of the day... If I skip breakfast, then my body will not have any food for 15 hours."

Dayna's breakfast consists of "cereals and milk or a couple of sandwiches and Milo".

"My parents will rotate between high-calcium white bread and wholegrain bread on different days," she says.

Her father, Mr Tony Tan, explains: "My wife would prefer to stick to only wholegrain but we rotate between white and wholegrain breakfast every other day, so the children are exposed to a variety and won't get sick of one or the other."



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