



The importance of breakfast for students






Breakfast means 'break the fast', as the previous meal is typically 8-10 hours before waking up in the morning. Breakfast is important in re-fuelling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behaviour difficulties in the school environment.




Why is breakfast the most important meal of the day?

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- Behavioral, emotional, mental health, and academic problems are more prevalent among children and adolescents who skip breakfast.
 - Children and adolescents who skip breakfast have lower math scores and poorer grades.
 - Children who skip breakfast are more likely to be hyperactive, absent, and tardy, in addition to having behavioral and attention problems more often than other children.



Do
You
Know?

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- **Teens who skip breakfast are more likely to have been suspended from school and have difficulty getting along with other children.**
 - **Children who skip breakfast are more likely to have repeated a grade, received special education services, or received mental health counseling**
 - **Students who skip breakfast are less able to differentiate among visual images, show increased errors, and have slower memory recall.**



**Do
You
Know?**

Breakfast Barriers!

- There's not enough time in the morning
- I'm not hungry when I wake up.
- I'll lose weight if I skip breakfast.
- I'm not sure what to eat.



Tips to Get Your Breakfast Habit Started



- Start with small portion and light food.
- Include some protein it's will keep you satisfied, and mentally alert.
- Break your meal into small snacks.
- Get up 15 minutes earlier.
- Eat what appeals to you.
- Don't rely on just coffee and a muffin.



Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day, a continuing life.

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Thank you!