

Breakfast & Success at School



Did you know that children who eat breakfast perform better in school? It's true. Here are some facts to show just how important the first meal of the day is to a child's success at school and beyond.

1

BREAKFAST = BETTER GRADES

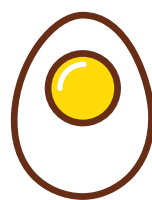
Students who eat breakfast the morning of a standardized test have much **higher scores in spelling, reading and math, compared to those who do not eat breakfast.****



2

STRONGER BRAIN FUNCTIONS

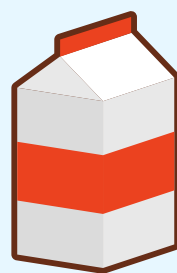
Children who eat breakfast show **improved cognitive function, attention, and memory.****



3

IMPROVED REASONING SKILLS

Consuming breakfast **improves a child's performance on mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration.****



4

INCREASED ACHIEVEMENT

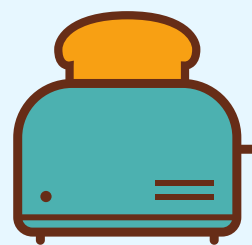
Student academic achievement increases, especially for math, **when schools offer the School Breakfast Program.****



5

BETTER BEHAVIOR & ATTENDANCE

Students who participate in school breakfast show **improved attendance, behavior, and academic performance as well as decreased tardiness.****



6

SUFFICIENT VITAMIN INTAKE

School breakfast participants are more likely to consume diets that are **adequate or exceed standards for important vitamins and minerals (e.g., vitamin C, vitamin A, calcium, phosphorous).****



**Sources: Food Research and Action Center, Article, "Research Brief: Breakfast for Learning." Ptomey, L. T., Steger, F. L., Schubert, M. M., Lee, J., Willis, E. A., Sullivan, D. K., Szabo-Reed, A. N., Washburn, R. A., & Donnelly, J. E. (2016). Breakfast intake and composition is associated with superior academic achievement in elementary schoolchildren. *Journal of the American College of Nutrition*, 35(4), 326-333. Wesnes, K. A., Pincock, C., Richardson, D., Helm, G., & Halls, S. (2003). Breakfast reduces declines in attention and memory over the morning in schoolchildren. *Appetite*, 41(3), 329-31. Bellisle, F. (2004). Effects of diet on behaviour and cognition in children. *British Journal of Nutrition*, 92 (Supplement 2), S227-S232. Pivik, R. T., Tennal, K. B., Chapman, S. D., & Gu, Y. (2012). Eating breakfast enhances the efficiency of neural networks engaged during mental arithmetic in school-aged children. *Physiology & Behavior*, 106, 548-555. Pollitt, E., Cueto, S., Jacoby, E. R. (1998). Fasting and Cognition in Well- and Undernourished Schoolchildren: A Review of Three Experimental Studies. *American Journal of Clinical Nutrition*, 67(4), 779S-784S. 14 Frisvold, D. E. (2015). Nutrition and cognitive achievement: an evaluation of the School Breakfast Program. *Journal of Public Economics*, 124, 91-104. Murphy, J. M. (2007). Breakfast and Learning: An Updated Review. *Journal of Current Nutrition and Food Science*, 3(1), 3-36. Basch, C. E. (2011). Breakfast and the Achievement Gap Among Urban Minority Youth. *Journal of School Health*, 81 (10), 635-640. Murphy, J. M., Pagano, M., Nachmani, J., Sperling, P., Kane, S., & Kleinman, R. (1998). The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample. *Archives of Pediatric and Adolescent Medicine*, 152,899-907. Powell, C. A., Walker, S. P., Chang, S. M., & Grantham-McGregor, S. M. (1998). Nutrition and education: a randomized trial of the effects of breakfast in rural primary school children. *American Journal of Clinical Nutrition*, 68, 873-9. 2 Bhattacharya, J., Currie, J., & Haider, S. J. (2006). Breakfast of champions? The School Breakfast Program and the nutrition of children and families. *Journal of Human Resources*, 41(3), 445-466.53 Gleason, P., & Sultor, C. (2001). Children's diets in the mid-1990s: dietary intake and its relationship with school meal participation. *Special Nutrition Programs*, CN-01-CD1. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition and Evaluation. Clark, M. A., & Fox, M. K. (2009). Nutritional quality of the diets of U.S. public school children and the role of the school meal programs. *Journal of the American Dietetic Association*,109(2 Supplement 1), S44-S56.