

magic  
breakfast  
fuel for learning

# THE MAGIC OF BREAKFAST

Fuel for your mind and body



# Why are we talking about breakfast?

Research shows that eating a well-balanced breakfast can improve concentration, mood and memory.

And yet up to 30% of young people skip breakfast.

“Breakfast helps you get a **positive start** to the day...it kind of **fuels your mind.**”

“Breakfast gives you **energy in the morning** and helps with your mood and **concentration.**”



# What does the research say?



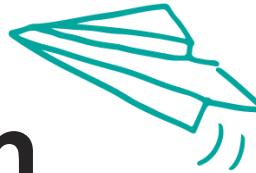
**Students that regularly eat breakfast score, on average, 2 GCSE grades higher.**



**Breakfast helps you to stay focused for longer, boosting concentration and performance.**



**Missing out on breakfast makes it harder for young people to get enough of the nutrients they need.**



# Aims of this session

- To understand what a well-balanced breakfast looks like.
- To explore and understand the benefits and impact of breakfast.
- To understand when and where breakfast is served at school.



# Benefits of a well-balanced breakfast?



Emotional resilience



Supports well-being

Boosts energy

Better reaction times

Helps immune systems

Improves concentration

Enhances exercise performance

Supports growth and development

Improves skin health

# What happens when you skip breakfast?



# What makes up a well-balanced breakfast?



Dairy and alternatives



Unsaturated fats and oils



Fruits and vegetables



Protein foods



Starchy foods

# Why do these nutrients matter?



**Fibre**



**Calcium**



**Protein**



**Vitamins**



**Iron**

Aids digestion & keeps us full for longer

Strengthens bones and teeth.

Builds & repairs muscles.

Supports our immune system.

Helps prevent tiredness.

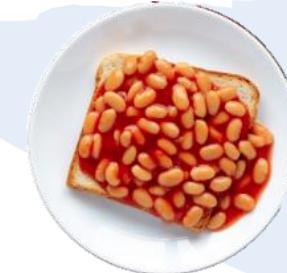
# Breakfast swaps: A better breakfast choice



**Skip these**



**Swap for  
these**





## Myth busting

Skipping breakfast helps you lose weight?

False: Skipping breakfast often leads to over-eating later in the day.

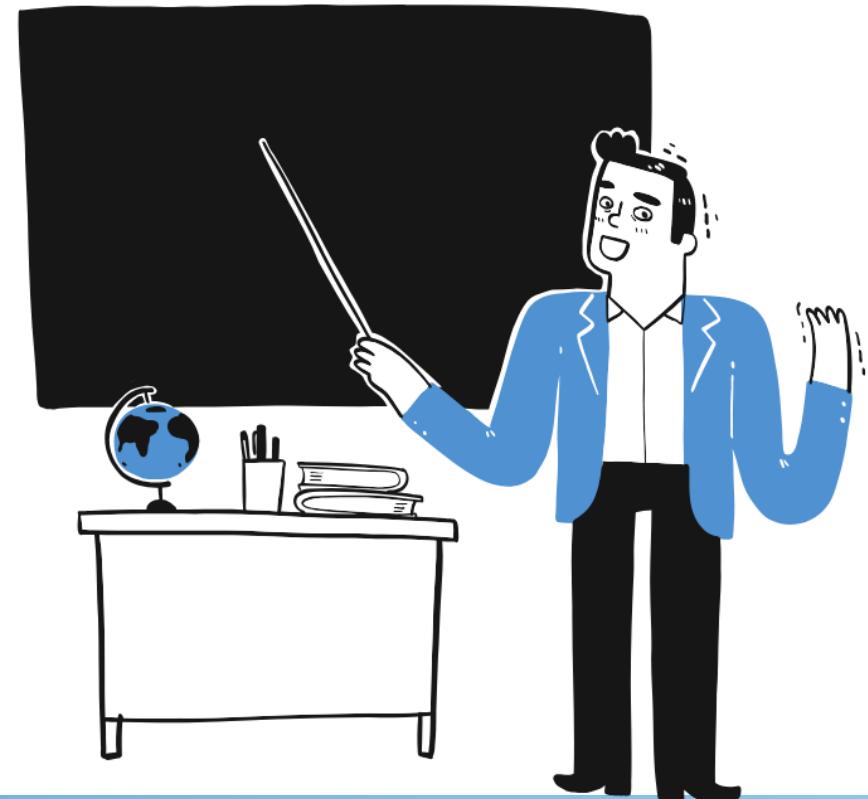


# Myth busting



**Carbohydrates are bad for you?**

**False: Your body needs carbohydrates for energy, but the type matters. Whole grains like oats or wholemeal bread provide a slow release of energy.**



# Myth Busting



**Eating breakfast can improve your sports performance?**

**True: A well-balanced breakfast provides the fuel your muscles need, improving endurance and reaction times in sports and PE lessons.**



# Myth busting



**Breakfast helps with stress and mood?**

**True: Eating a well-balanced breakfast stabilises blood sugar levels, helping to reduce irritability, stress, and mood swings.**

# Myth Busting



**A quick breakfast is better than no breakfast?**

**True: Even something simple like a banana with peanut butter or yogurt with fruit is better than skipping breakfast entirely.**

# Take the breakfast challenge!

What's one change you could make to your daily breakfast routine?

- Try eating breakfast at school **every day** for a week.
- Get **involved** with your school breakfast, what would you do to **develop it?**



*'An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.'*

**Remember to start your day the Magic Breakfast way!**

