

**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



Aids digestion & keeps us full for longer



Calcium



Strengthens bones and teeth.



Protein



Builds & repairs muscles.



Vitamins



Supports our immune system.



Iron



Helps prevent tiredness.

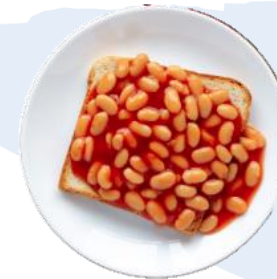
Breakfast swaps: A better breakfast choice



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.

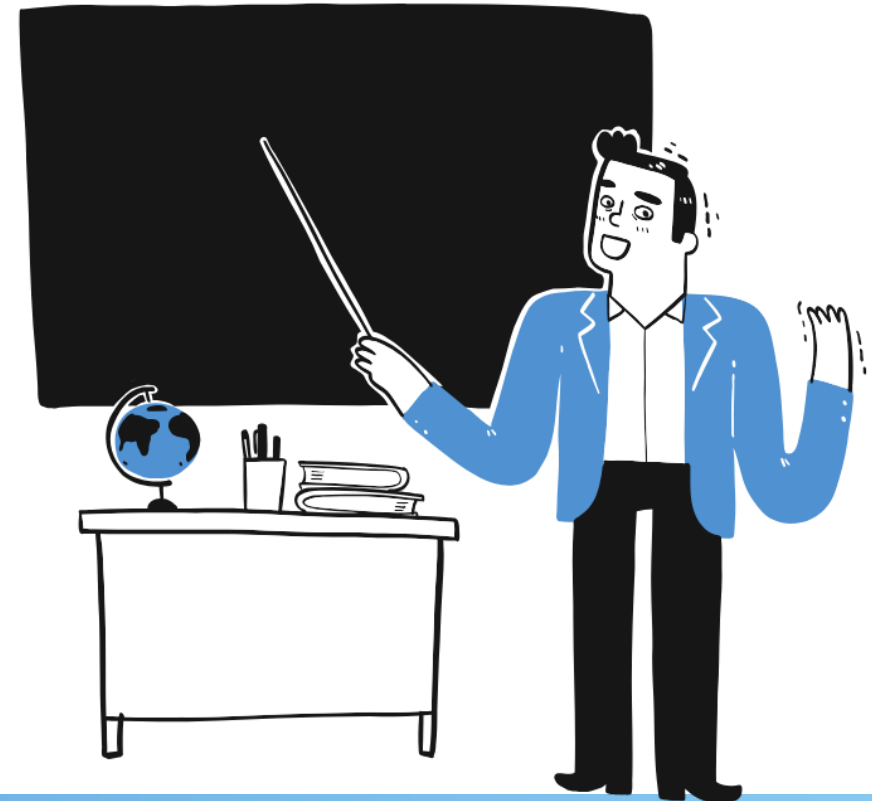




Myth busting

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!**

