

# Eating breakfast helps you learn!

We asked lots and lots of children like you (almost 80,000!!) aged 5 - 16 years old, from a total of 682 schools, about three things:

1. What did they eat for breakfast?
2. Did they have any exercise before school?
3. How had they slept that night?

We wanted to know if any of these things would help children learn at school.

Half the children we asked were girls and half were boys.



## Guess what???

Well believe it or not, if you have breakfast before school it really helps you learn!

Things to eat that help most are cereal, toast, milk and fruit juice.

Crisps, sweets and fizzy drinks do not help at all... Ask mum or dad to make sure you get a good breakfast!



## Some children don't eat breakfast!

- Children who don't eat breakfast find it harder to learn
- It is important to get a good sleep and exercise too to stay healthy