

## Do Your Children Eat Breakfast?

Are your children slow to get out of bed and get ready for school? Are they leaving the house without eating? If they are, you and your family are not alone. Thirty-one per cent of elementary school and 62% of secondary school students do not eat a healthy breakfast daily<sup>1</sup>

### We also know that:

- Without breakfast, children can not eat enough in the day to obtain the nutrients they need to grow, learn, play and stay healthy
- Breakfast should provide at least 25% of children's total energy needs for the day
- Skipping breakfast may decrease attention span and ability to concentrate
- Eat breakfast yourself to set an example for children
- Involve your children in choosing what they would like for breakfast. A nutritious breakfast includes a variety of foods from three out of the four food groups from [Canada's Food Guide](#)

**Still no time!** Skipping breakfast can occur for many reasons: some children find it too early to eat; some children skip meals to control their body weight; often parents and caregivers do not consume breakfast themselves, while others have little food at home. If your family fits into one of these categories, visit [York Region Food for Learning](#). This group of parents, teachers and community partners have partnered to initiate, support and enhance school snack, lunch and/or breakfast programs.

A complete listing of all fact sheets and resources on nutrition and school-age children is available on the [Nutrition Services Fact Sheet web page](#). For more information on nutrition and school-age children visit [Eat Right Ontario](#).

York Region Community and Health Services  
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<sup>1</sup> <http://www.breakfastforlearning.ca/en/how-to-help>