



07 MAR, 2025

Breakfast a smart idea

Hobart Mercury

Department
of Education

Page 1 of 1

Breakfast a smart idea

An Australian study has revealed the clear link between eating breakfast and academic success.

Students who skip breakfast some or all of the time achieve poorer NAPLAN results than children who always eat breakfast, researchers from The Kids Research Institute Australia found after comparing the student-reported breakfast habits of 28,651 South

Australian schoolchildren aged 8-16 with standardised national literacy and numeracy tests by students in years 3, 5, 7 and 9.

"Overall, our findings show that the kids who skip breakfast – whether it's sometimes or every day – are at increased risk for being at or below the national minimum standards for NAPLAN," senior research officer Alanna Sincovich said.