

## School Kids ‘Wagging’ Breakfast Are Missing Healthy Brain Fuel

Table 1: Children 6 – 18 years missing out on breakfast on school days

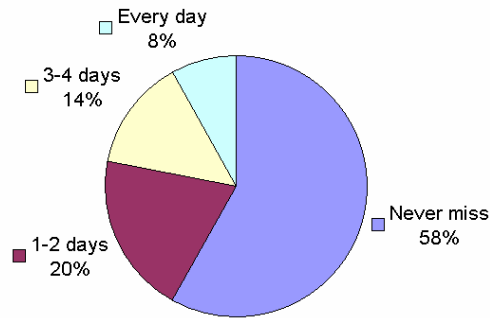


Table 2: Reasons for skipping breakfast:

Reason for skipping breakfast	6-12 year olds	13 - 18 year olds	All age groups
No time (running late for school or work) or sleep in	51.0%	53.8%	51.6%
Doesn't like eating breakfast	40.4%	40.7%	44.0%
Too tired to eat	9.6%	6.9%	5.9%
Can't be bothered	6.3%	5.5%	4.7%

Source: MBF Healthwatch survey, conducted by TNS Healthcare