



**CALIFORNIA STATE SCIENCE FAIR  
2005 PROJECT SUMMARY**

<b>Name(s)</b> <b>Emily P. Uffenheimer</b>	<b>Project Number</b> <b>J0341</b>
<b>Project Title</b> <b>Smart Start: Do You Miss Out in Learning When You Miss Breakfast?</b>	
<b>Abstract</b> <b>Objectives/Goals</b> Students are often encouraged by parents and teachers to eat a healthy breakfast before taking tests. This study attempted to determine if eating a good breakfast improves a student's ability to perform scholastically. <b>Methods/Materials</b> 19 sixth grade students were given a test containing grade level appropriate mathematical and reading comprehension components. Students had not eaten breakfast before taking this test. Following the test, students were served a healthy breakfast and allowed a period for digesting their food. Finally, a second test of equivalent difficulty was given to these same students. <b>Results</b> Correlation of test scores showed that there was an 8% average improvement in scores for the tests taken after eating breakfast, versus those of the tests taken when students had not eaten breakfast. <b>Conclusions/Discussion</b> From this study it appears that academic performance is improved following a healthy breakfast. Encouraging students to eat healthily before taking a test can enhance their ability to perform mentally.	
<b>Summary Statement</b> Eating a healthy breakfast improves students' ability to perform academically.	
<b>Help Received</b> Mrs. Seigrist, my science teacher, provided her time and classroom for this study. My mother helped prepare and serve breakfast. 19 sixth grade CT English students gave their time and efforts to assist in this project (at 8 AM on a Saturday morning).	