**What are the negative effects of skipping breakfast?**

Breakfast is the first [meal](http://en.wikipedia.org/wiki/Meal) of the day. The word is a [compound](http://en.wikipedia.org/wiki/Compound_word) of "break" and "[fast](http://en.wikipedia.org/wiki/Fasting)," referring to the conclusion of fasting since the previous day's last meal, hence "breaking the fast". Breakfast meals vary widely in different cultures around the world but often include a carbohydrate such as cereal or rice, fruit or vegetable, protein, sometimes a dairy product, and a drink. According to Butcher-Powell et al (2003), “Regular breakfast consumption has been indicated as a means of ensuring a better quality diet”.

The researches that have been conducted by many researchers around the world stated that skipping breakfast may lead to heart risks. Children that usually skipping breakfast also may gain weight in their adolescence day. This is because, when the children skipping the breakfast, they tends to eat more food intake than normal children due to hunger. Thus, the calories will solidified in artery and causing blockages in the heart and causing heart attack. In the words of Heather M. Niemeier et al (2006), “Importantly, greater fast food consumption and breakfast skipping during adolescence and increases in breakfast skipping from adolescence to early adulthood were associated with increased weight gain during this transition” . This is supported by Gretchen M. Hill et al (1995), “Obese boys skipped breakfast 44% of the mornings compared to 20% for non-obese. Girls were similar with 36% for obese and 18% for non-obese. They noted that consumption of meals on a regular basis tended to improve as family income increased”.

Besides that, there are research that stated skipping breakfast may affect the composition on cognitive processes. When someone skipping breakfast, their attitude will change. They will lose their mood on the day. This will affects their works or losing focus on something. According to Graham F. Moore (2009), “Examination of social and cognitive factors associated with health behaviours has its roots in social psychological literature (Maio et al., 2007), with the study of attitudes commonly at the forefront of such research. Attitudes have been shown to predict breakfast skipping amongst a sample of 12–14-year-old children (Martens et al., 2005), and to predict intentions to consume milk and bread for breakfast, which in turn predicted behavior amongst 11–15 year olds (Berg et al., 2000)”. This kind of scenario is usually happened in our country as we try to compete with other developed country. For children, when they having their breakfast, their spatial memory and the girl will improves their short term memory after having oatmeal after breakfast. This statement is supported by Caroline R. Mahoney and et al (2005), “This research examined the effects of breakfast composition versus no breakfast on cognitive performance. Results suggest that performance on most measures is enhanced by breakfast consumption and that the composition of breakfast can also influence children’s cognitive performance on some measures, particularly spatial memory, short-term memory, and auditory attention.” .

Other than that, J. Michael Murphy(2007) stated that “What we find particularly exciting is that this [school breakfast] is a relatively simple intervention that can significantly improve children’s academic performance and psychological well-being.” This statement shows that skipping breakfast also will affect the children ability to learning. This is because the hunger will cause the children to lose focus. During sleeping, most of our body system are shutdown accept brains and our hearts. However, brains and hearts still need energy to function. If the children skipping breakfast, his body can’t operate at its optimum energy. Besides that, our body and brains also needs vitamin to increase the performance to its optimum level. In the words of Gretchen M. Hill et al (1995), “This is particularly true for young low income children who never do “catch up” on their nutrients missed at breakfast as shown by 50% of the 1-3 year old low income children not consuming 70% of the RDA for vitamins A,E,C and iron and zinc. RTE cereals are the best source of daily iron and B vitamins regardless of the family’s economic status”.

There are some of children who liked to eat “ready eating breakfast” like cereals and biscuits. Huenemann et al (2005) state that, “Teens report that they are more likely to consume breakfast if “ready-to-eat” foods are available or if someone will prepare it for them. In addition, they are influenced by what their peers do and if other family members will eat with them”. This statement shows that, the children only eat breakfast if they having s someone to accompany them. During this millennium days, not many family will gather around and having breakfast. The usually will skipped their breakfast and do their own work. In developed country such as Singapore and Germany, we can clearly see many obese teenagers from rich family eating while doing their work. This statement is supported by F.J. Elgar and et al (2005), “Obese children tend to complete fewer years of education and earn a lower household income as adults, independent of their families’ socio-economic status”. As stated, many parents nowadays more worrying their child’s results than their health. This causes the children to focus more on studies and skipping their meals. In addition, students nowadays are to busy with their homework. Thus, many students work up till late night. This will exhausted their own brains and causing them to get tired easily in the morning. They will skip their breakfast and try to sleep more in bedroom. Thus, their brain can’t get enough energy and too tired to focus during learning. According to by Gretchen M. Hill (1995), “In the 1962 Iowa Breakfast Studies, the morning meal was defined as a meal that provides one-fourth of the daily calories and the daily protein needs” .

In conclusion, we justified that breakfast is important to everyone even for old folks as it gives negatives effect to everyone if we skip breakfast. Other than that, a teenager might end up fat as they gaining weight. By consuming breakfast, students might enhance their cognitive process and improves their memory whether spatial or short term memory. Besides that, if we taking breakfast, we can replenish our energy and provide our body with nutrient. Thus, we can stay focus much longer than before. In developed country, there are breakfast program held in school to provide students with nutrious breakfast. This shows that they are aware the negative effects of skipping breakfast. Based on the journals that written by many researchers, almost all of them agreed that skipping breakfast will enhance negative effects.

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