

Benefits of an NSBP breakfast

Nutritional benefits of breakfast

Increasing nutrient intake:

Our bagels and cereals (served with milk/ a fortified alternative such as soy, oat and nut milks) boost: Calcium, Vitamin D, Fibre, Iron and B vitamins.

Energy boost:

Breakfast replenishes your glycogen stores, providing a quick energy boost. This is particularly important for your brain, which relies on glucose as its primary energy source.

Blood sugar control:

Eating breakfast can help stabilize blood sugar levels, preventing spikes and crashes that can occur when you go without food for an extended period.

Metabolism boost:

Consuming breakfast kick-starts your metabolism for the day.

Research shows that a large percentage of children's daily requirements for these vitamins and minerals are met during breakfast time, skipping breakfast leaves a gap in intake.

The NSBP food items have been chosen so they are in line with the National School Food Standards.

There are many long-term health benefits of eating a regular, healthy breakfast. It may help reduce type 2 diabetes, heart disease and osteoporosis risk.

Social benefits of breakfast

Breakfast offers pupils a calm space to connect with peers and staff, helping build positive relationships and emotional wellbeing.

It's also a great time to encourage healthy eating habits and practice key social and life skills in a supportive setting.

Cognitive benefits of breakfast

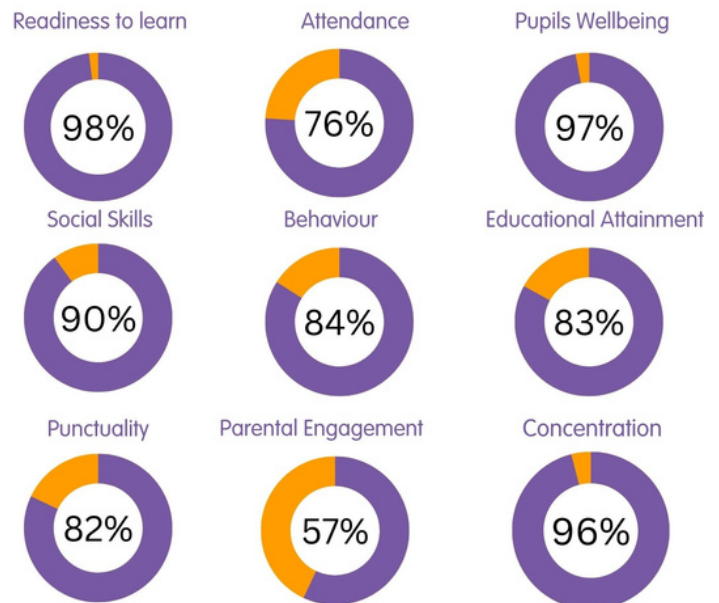
Improved mood:

Eating breakfast can influence your mood by providing essential nutrients that support the production of neurotransmitters such as serotonin, which is associated with feelings of well-being and happiness.

Improved concentration:

Balanced breakfasts can provide complex carbohydrates, protein and healthy fats which can enhance concentration, memory and overall cognitive function.

In June 2024 most Headteachers reported they had seen a big improvement or some improvement in the following areas **



** Percentages drawn from responses to this question in our Head Teacher Survey.

93% of Headteachers who responded to a survey in 2024 said they had seen a reduction in inappropriate food coming into school since starting with the NSBP.