

BREAKFAST



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BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY!!!!



..... BUT WHY?

WHO EATS BREAKFAST ?

A



<http://divadanceonline.com/blog/?p=1201>

B



<http://fersht.typepad.com/.shared/image.html?/photos/uncategorized/2007/12/12/crankyearlymorning.jpg>

WHO EATS BREAKFAST ?

A



<http://energizedwebsites.com/projects.html>

B



joe-ks.com

<http://www.crankyfitness.com/2008/11/breakfast-for-i-hate-morning-people.html>

WHO EATS BREAKFAST ?

A



B

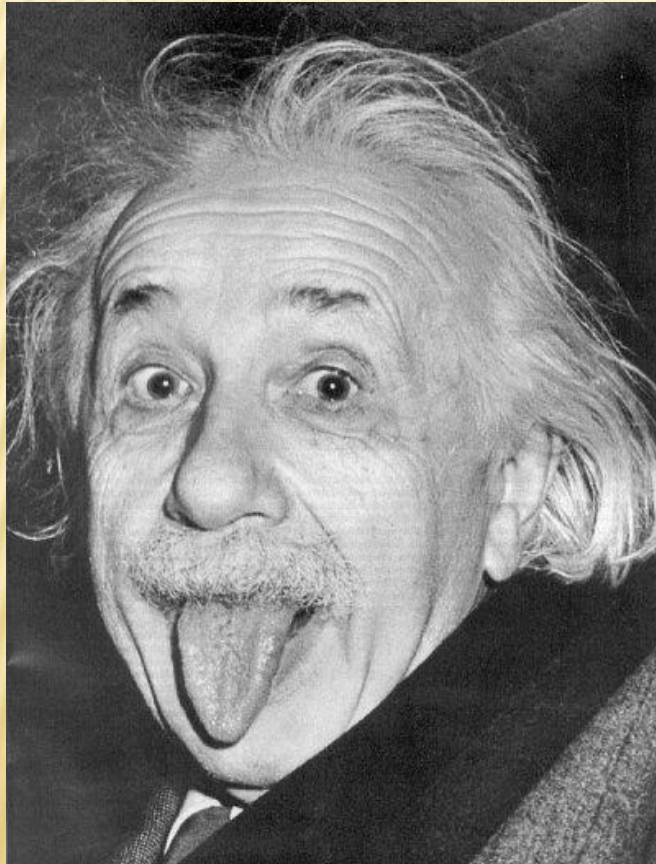


<http://www.politicalsubversities.com/blog/2011/03/04/forbes-10-happiest-jobs-89-americans-who-are-jobless-pay-attention>

<http://cheezburger.com/TemplateView.aspx?cid=896133>

WHO EATS BREAKFAST ?

A



http://www.maniacworld.com/einstein_joke_1.htm

B



<http://hyperboreanvibrations.blogspot.com/2011/03/in-exhibition-held-in-moscow-russian.html>

OVERVIEW



I. Improves Cognition and Intake of Nutrients

II. Helps With Weight Management

III. Sets a Good Precedent for a Healthy Diet

IMPROVES COGNITION AND INTAKE OF NUTRIENTS

According to the Johns Hopkins Bloomberg School of Public Health, eating breakfast everyday leads to :

- × Better Concentration
- × Better problem-solving skills
- × Better hand-eye coordination
- × More alertness
- × More creativity

It also:

- × Provides energy for the activities during the morning and helps to prevent that mid-morning slump
- × Helps people meet daily nutrient requirements; greater intake of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc and iron
- × fewer calories in general, and less dietary fat and cholesterol.

(http://www.jhsph.edu/student_affairs/breakfast)

IMPROVES COGNITION AND INTAKE OF NUTRIENTS

Benefits for Children

The Food Research and Action Center Finds that children who eat breakfast:

- × Miss fewer days of school
- × Perform better in class; higher grades
- × Have better standardized test scores
- × Have better behavior
- × Less hyperactive than children who skip breakfast

(aramarkrochester.livesitehost.com/files/AmpBkfst_Nutriton_FAQ.pdf)

Benefits for Adults

- × Have better concentration and productivity throughout the morning
- × Perform better in their professional lives
- × Have lower cholesterol, which may reduce your risk of heart disease

(http://www.jhsph.edu/student_affairs/breakfast)

HELPS WITH WEIGHT MANAGEMENT

- ✘ Eating breakfast everyday is linked to healthier measures of body weight
- ✘ According the National Weight Control Registry: 8 in 10 adults who maintain a 30-plus pound weight loss for at least a year eat breakfast every day
- ✘ Skipping breakfast slows down metabolism, preventing the production of the enzymes that help people lose weight
- ✘ Eating breakfast on the other hand speeds up metabolism & eliminates hunger throughout the rest of the day that would otherwise result in overeating later on
- ✘ It also makes people more energized, which is why breakfast eaters also tend to exercise regularly, another factor in managing weight

(http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Wake_Up_to_the_Benefits_of_Breakfast_)

× http://www.youtube.com/watch?v=q9eUZZIj2_E&feature=related

SETS A GOOD PRECEDENT FOR A HEALTHY DIET

The 2009 International Food Information Council Foundation's Food & Health Survey reported that :

- ✘ 93 % of Americans agree that breakfast is the most important meal of the day
- ✘ Yet less than half (44 %) are eating breakfast everyday
- ✘ American suffers from an epidemic of obesity and other health issues, many of which result from poor eating habits
- ✘ Breakfast eaters are more likely to have higher-quality diets than breakfast "skippers."

- ✘ So, if people know what is right, then that could be the first step to changing their habits, and improving their health
- ✘ We must take a stand and set the good example

(http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Wake_Up_to_the_Benefits_of_Breakfast_)

In Conclusion, We have talked about Breakfast and its benefits toward...

Cognition and Nutrition

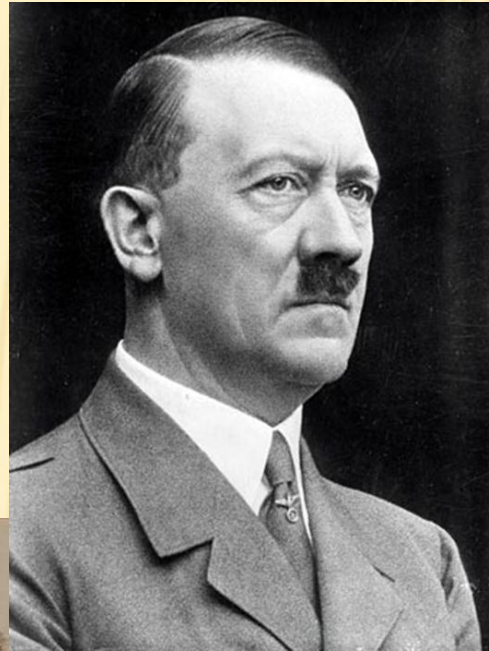
Weight Management

Setting a Good Precedent



SO THEN.....

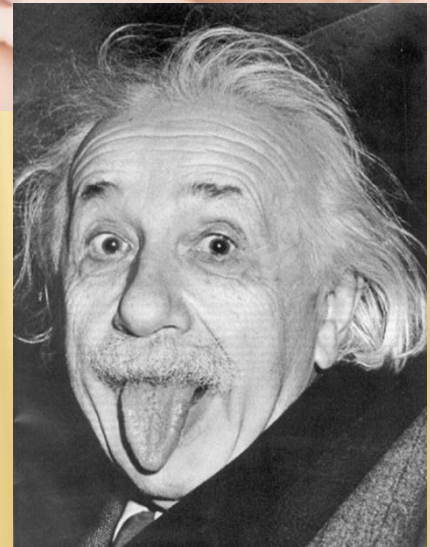
DO YOU WANT TO END UP LIKE THESE PEOPLE?



not a morning person

OR.....

DO YOU WANT TO END UP LIKE THESE PEOPLE?



**WHY WOULD YOU NOT
WANT TO DO SOMETHING
THAT IS SO GOOD FOR
YOU ??????**

Q & A

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REFERENCES

Sites

- http://www.jhsph.edu/student_affairs/breakfast
- aramarkrochester.livesitehost.com/files/AmpBkfst_Nutriton_FAQ.pdf)
- http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Wake_Up_to_the_Benefits_of_Breakfast_)

Pictures

- Picture from <http://ihnma.com/2011/04/29/high-protein-healthy-breakfast-omelette/>
- Picture from <http://kentuckianahealthwellness.com/new-ideas-for-fast-easy-to-make-breakfasts-for-kids>
- Picture from <http://divadanceonline.com/blog/?p=1201>
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- Picture from <http://www.seattlemet.com/blogs/nosh-pit/toulouse-emmer-breakfast-020410/>
- Picture from <http://familyfood.hiddenvally.com/important-eat-breakfast-before-test-1956.html>