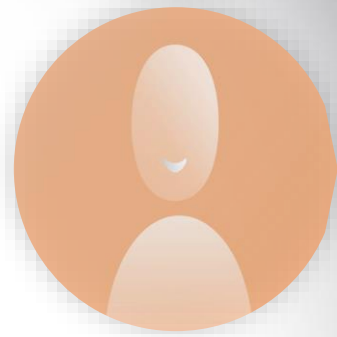




Present Your Research Assignment

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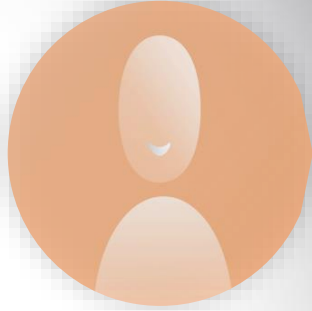
COUC 515: Research and Program Evaluation

Dr. Cassandra Ferreira

October 3, 2024

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Abstract



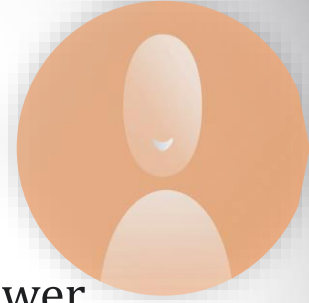
Using a grounded qualitative research approach, this study investigates the emotional and cognitive impacts of breakfast missing on elementary-aged children. The study, which includes 100 students between the ages of 7 and 10, attempts to spot patterns and develop a theory on the effects of skipping breakfast on behavior, health, and academic performance. To find themes, patterns, and correlations, data will be gathered via surveys, interviews, and classroom observations. NVivo software will then be used for analysis. The results will improve knowledge of how eating breakfast affects students' well-being and academic achievement.

Overview Literature Review



- According to a study by Sincovich et al. (2022), women, seniors in high school, people living in rural or socioeconomically challenged areas, and students are more likely to miss breakfast often than other students.
- Children who skip breakfast do worse academically because it impairs their cognitive capacities, including memory, attention, and executive functioning, according to research by Abebe et al. (2022) published in BMC Nutrition.
- According to studies by Moller et al. (2021) and Gao et al. (2021), eating breakfast regularly is linked to improved academic performance, motivation, and cognitive capacities, whereas missing breakfast has a detrimental impact on the school climate and cognitive engagement.

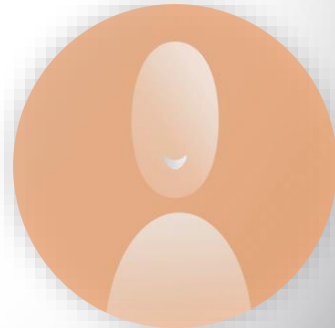
Literature Review (cont.)



- According to Martins et al. (2020), missing breakfast is linked to lower levels of emotional and cognitive engagement. This finding raises the possibility that consuming more breakfast might improve student participation in the classroom.
- According to Abebe et al. (2022), children who miss breakfast are more likely to experience anxiety and sadness as well as decreased psychosocial well-being and behavioral problems.
- Children who miss breakfast are more prone to acquire poor eating habits and suffer long-term health difficulties including obesity and metabolic illnesses. Smith et al. (2017) discovered that having breakfast on a regular basis is vital for maintaining a healthy body weight and balanced diet.

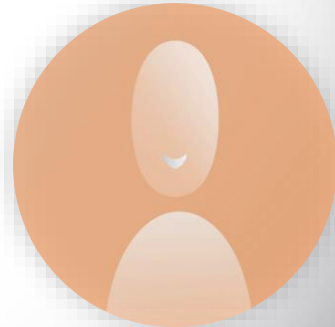
Research Question

What are the emotional and cognitive effects of missing breakfast on elementary-aged children?

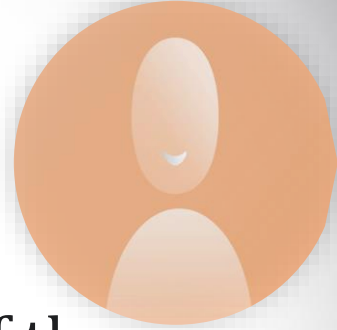


Study Design

- Grounded, qualitative research design
- Participants: 100 elementary students, aged 7-10 (grades 1-4)
- Semi-structured interviews and observations



Integration



- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies,” (NIV, n.d.)
- In line with 1 Corinthians 6:19–20, Wesley Taylor V (2019) highlights the significance of holistic well-being, incorporating physical, emotional, and spiritual health. It also highlights the necessity of an all-encompassing counseling strategy that supports students' general well-being.

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