

How the information is arranged

We attempt to present the information as accurately and helpfully as possible. The 2003 responses are summarised as percentages, in tabular form. The question wording, and the wording of the responses, are presented as accurately as space will permit. We like to indicate *Valid responses* rather than *Sample size*, as *Valid responses* excludes respondents that did not answer the question. However, some presentations combine responses to several questions or sub-questions. In this case there is no single value for *Valid responses*. Instead, we give the *Sample size* and indicate the percentage of *Missing data*. In some charts we also include *None of the these* or *None of the above* which also includes on most pages *Missing data*. The proportion of *Missing data* might be estimated by reference to adjacent questions; where it has been considered important to distinguish *None of the these/ None of the above* and *Missing data* e.g. participation in sport p.98, this is noted on the chart.

Schoolday breakfast

22% of the Year 10 females have *nothing at all* for breakfast

What did you have for breakfast this morning? (19) (Pri.6)

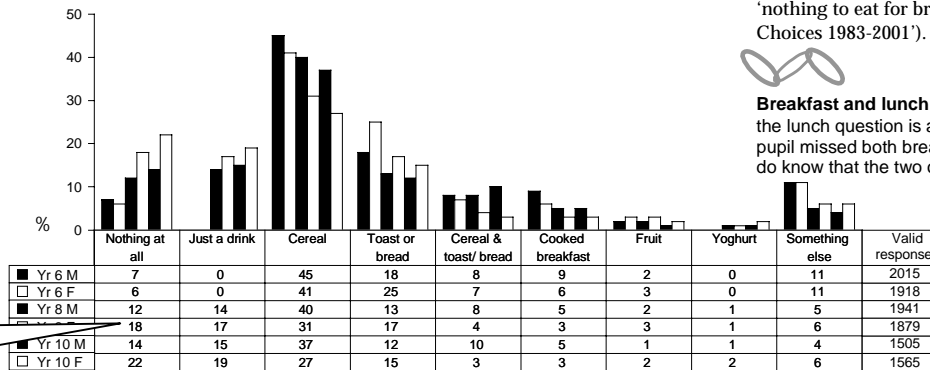
The question and number

1. Seeking the breakfast 'missers', we find more Year 10s than Year 8s, and more Year 10 females than Year 8 females.
2. *Cereal* is the most commonly reported breakfast item, particularly for Year 6 pupils (43%), Year 8 males (40%) and Year 10 males (37%).
3. *Just a drink* is reported by 17% Year 8 females and 19% Year 10 females.
4. *A cooked breakfast* is taken by few and mainly the males.

Observations on the data

The 2003 data

'Rounded' percentages



Comments

1. Is the high percentage of those having nothing at all or just a drink cause for concern?
2. We do not know if missing breakfast is an undesired omission (caused through lack of organisation, time or effort) or a deliberate decision to reduce food intake. In 'Young People in 1997', (Balding, 1998a), we found a substantial number of 9-11 year olds were eating shop bought snack-type food before school although it was not related to lack of breakfast. However, programmes, such as the 'Smart Snacks Scheme', show that pupils can be encouraged to eat more healthily by the development of school policies on healthy snacks (O'Neill & O'Donnell, 2003).
3. Data since 1983 reveal an upward trend, for all groups, of those having 'nothing to eat for breakfast' (SHEU, 2003, 'Trends-Young People's Food Choices 1983-2001').



Breakfast and lunch: The breakfast question is about this morning, and the lunch question is about yesterday, so we cannot demonstrate that any pupil missed both breakfast and lunch on the same day. Nonetheless, we do know that the two options are related. For example, among Year 10

females: those missing breakfast are nearly twice as likely to have missed lunch the previous day:
 Proportion having nothing for breakfast this morning: 22%
 Proportion missing lunch yesterday: 20%
 Proportion of those having nothing for breakfast this morning who had nothing for lunch yesterday: 26%

The main observation

Comments on the data

Comments on linked data