



Science serves up a friendly reminder

New research has emerged to reinforce a common assumption that children who eat breakfast are more likely to excel at school.

The recent study, carried out at the University of Leeds, confirmed that children who eat breakfast are able to focus better on classroom tasks and thus more likely to have better academic performance than those who don't. Researchers reached these conclusions by carefully analysing data from studies between 1950 and 2013.

Obviously, this early morning routine has equal value to adults too. So, to make sure your, and your little ones', brains are firing on all cylinders, it's best to ditch sugary cereals and condiments, and instead make the first meal of the day as rich in protein and good carbohydrates as possible.