

PILOT STUDY OF BREAKFAST HABITS OF STUDENTS OF THE
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Studies have indicated that adolescents are either having an inadequate breakfast or no breakfast at all before leaving home. Q.I.T. students were surveyed to find out whether they conformed to this pattern of food intake and what were the possible reasons.

For the purposes of this survey, an adequate breakfast was defined as one which contained food from each of the food groups. This conforms with the meal outline recommended by the Division of Health Education and Information but does not take account of the energy value of the breakfast.

284 fulltime and parttime students were selected randomly from day and evening classes with ages ranging from less than 20 years to over 30 years. The numbers in each category of breakfast adequacy are seen in Table 1.

TABLE 1. The number of students consuming no breakfast, inadequate breakfast and those having an adequate breakfast.

	Number of students	%
No breakfast	5	1.7
Inadequate breakfast	126	42.9
Adequate breakfast	153	52.4

Breakfast adequacy was not related to sex ($\chi^2=2.688$) or age ($\chi^2=0.73$).

35.1% of those surveyed prepared their own breakfast while the remainder had it prepared for them. A χ^2 analysis revealed that preparation of the meal and who prepares it are related, i.e., breakfast is more likely to be adequate if prepared by someone else ($\chi^2=40.9$).

Adequacy was also related to the time available from rising to leaving home until one hour ($\chi^2=7.205$). Beyond one hour, it was not related ($\chi^2=0.07$).

There was no relationship between breakfast adequacy and the time of the next meal ($\chi^2=1.956$). Of those having an adequate breakfast 67.1% had morning tea.

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