



數據 講教育 EdData Speaks

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Topic: Breakfast(1)

不吃早餐是新潮流？ NOT HAVING BREAKFAST IS TRENDY?

雖然不少人兒時有吃早餐的習慣，但隨著年齡增長，很多人逐漸輕視吃早餐的重要性。調查指出，每天吃早餐的小三學生有 76%，小六學生有 60%，而中三僅得 41%。但大家知道吃早餐除了令人飽肚，還有何重要嗎？

Despite research showing the importance of having breakfast, more and more students skip breakfast when they grow older. Students who ate breakfast every day decreased from 76% in Primary 3 to 60% in Primary 6, and further down to 41% in Secondary 3.

我們在問卷問：

1. 一星期 7 天中，你有多少天吃早餐？
2. 那些是平均每星期最少三次，你在早餐中進食的食品？
 - A. 粥、粉、面、通粉、意粉、米粉
 - B. 穀物（粟米片、麥片）
 - C. 麵包、蛋糕、三明治等烘培食品
 - D. 肉腸、餐肉、火腿煙肉
 - E. 即食麵、薯片、餅乾等方便食品
 - F. 生果、蔬菜
 - G. 牛奶、豆漿、乳酪、雞蛋、等蛋白質食品
 - H. 鮮榨果汁
 - I. 汽水及其他高糖份飲品

IN THE RESEARCH, WE ASKED :

1. In 7 days of a week, how often do you have breakfast?
2. Which of the following food do you take for breakfast for at least 3 times a week?
 - A. congee, rice noodles, noodles, macaroni, spaghetti, bread
 - B. cereal (corn flakes, oatmeal)
 - C. bakery goods such as bread, cakes, sandwiches
 - D. sausages, luncheon meat, ham, bacon
 - E. convenience food, such as instant noodles, chips, biscuits
 - F. fruit, vegetables
 - G. high protein food such as milk, soy milk, yoghurt, eggs
 - H. fresh fruit juice
 - I. soft drinks or other sweet drinks



我們的小孩吃早餐嗎？

早餐被視為一天中最重要的一餐。科學調查指出，沒有吃早餐的學生血液內缺乏足夠營養應付學習，容易分心。每天吃早餐的學生百分比由小三的 76% 跌至小六只有 60%，中三學生的百分比更跌至 41%。相對地，小三、小六、中三學生一星期吃早餐少於一半日數的百分比分別為 9%、16% 和 27%。



ARE OUR STUDENTS EATING BREAKFAST?

Breakfast is widely considered to be the most important meal of the day. Scientific research shows that, without breakfast, our blood will not have sufficient nutrients for study and students will lose concentration easily in the morning. According to our research statistics, the percentage of students who had breakfast almost every day dropped from 76% in Primary 3 to 60% in Primary 6, and further down to 41% in Secondary 3, while 9%, 16% and 27% of Primary 3, 6 and Secondary 3 students respectively had breakfast less than half the days in a week.

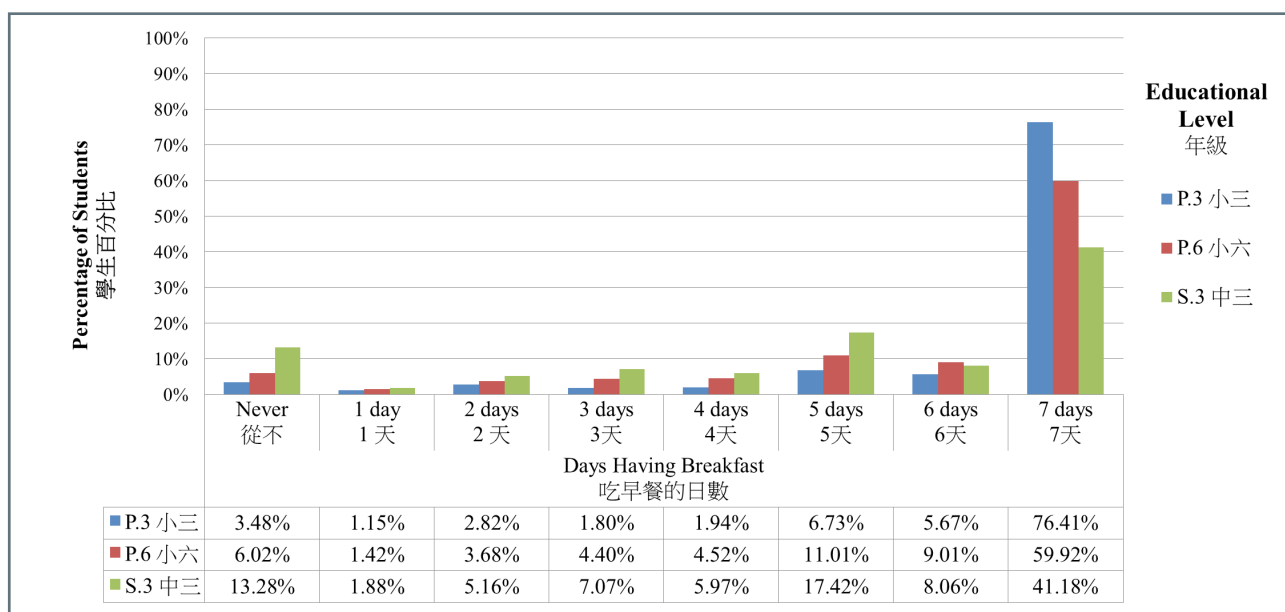


圖 1 小三、小六及中三學生一星期吃早餐日數百分比

Figure 1 Percentages of Number of Days Students Had Breakfast in a Week in Primary 3, Primary 6 and Secondary 3



學生早餐吃甚麼？

我們以每星期吃早餐日數不少於三天的學生為對象，調查他們早餐吃甚麼。結果顯示烘培食品（麵包、蛋糕、三明治等）是香港學生最普遍的早餐類別，其次為高蛋白質的食品（牛奶、蛋、乳酪等）及高碳水化合物食品（粥和麵等）。約 6-7 成學生選擇烘培食品作為早餐，相信是因為麵包等食品方便他們攜帶和在趕回校途中進食。

較多小三學生於早餐進食穀物、水果、蔬菜和鮮榨果汁，中三學生則以進食烘培食品、方便食品和汽水及其他高糖份飲品為主。這反映家長對年紀較小的子女規管較多。

WHAT DO STUDENTS HAVE FOR BREAKFAST?

We selected students who had breakfast at least 3 days a week to examine what they ate for breakfast. Results showed that bakery goods like bread, cakes or sandwiches were the most popular breakfast food among Hong Kong students, followed by high protein food (milk, egg, yoghurt, etc.) and carbohydrates (Congee, Noodles, etc.). Around 60%-70% of students had bakery foods for breakfast. Its popularity might be due to its convenience to be carried around and eaten hurriedly on the way to school. More Primary 3 students had cereal, fruit, vegetable and fresh fruit juice, while more Secondary 3 students had bakery goods, convenience food and soft/sweet drinks for breakfast. This reflects that younger students have greater parental guidance compared to older students.

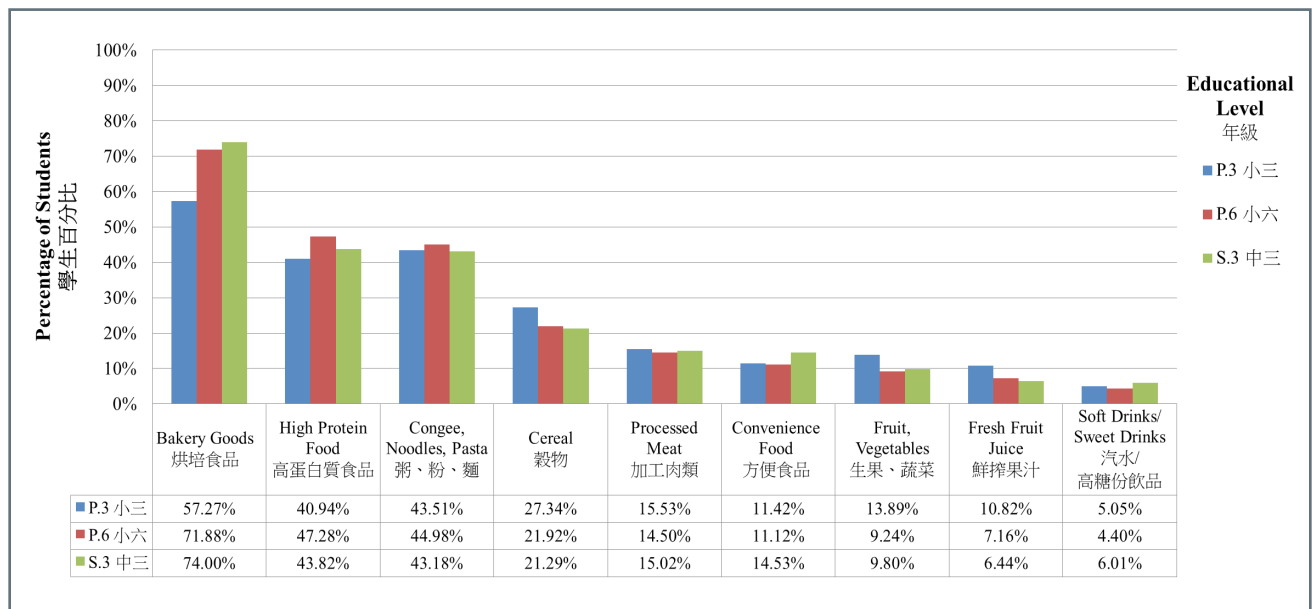


圖 2 小三、小六及中三學生的早餐食品類型百分比

Figure 2 Percentages of Students Consuming Different Types of food for Breakfast in Primary 3, Primary 6 and Secondary 3



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Despite not being able to identify each and every contributor to the corresponding issue of the reports, it should be noted that a team of research staff and student helpers mostly from the Chinese University of Hong Kong has helped to identify the research questions, conduct analyses, write up results, prepare graphs, proofread drafts, and finish the artworks.

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