



數據講教育

EdData Speaks

November 2016 Issue 3
Topic: Breakfast(3)

男生 VS 女生，吃早餐習慣大不同？

WHO IS EATING MORE BREAKFAST? BOYS OR GIRLS?

隨著小孩年紀漸增，男孩和女孩的生活習慣亦會因為朋輩或社會價值觀的影響而變得不同，當中包括他們吃早餐的習慣。研究顯示女生較少吃早餐，男生則吃較多不健康食品。

As children grow older, girls eat less breakfast while boys eat more unhealthy food.

隨年紀漸長，女生減少吃早餐

小三學童中，每天吃早餐的女生（79%）比男生（75%）多，小六學童的情況卻相反，每天吃早餐的女生（59%）比男生（61%）少兩個百分比。中三學生中，每天吃早餐的女生百分比更跌至37%，與男生（45%）的差距更明顯。

在從不吃早餐的組別中，小三女生的百分比（2%）比男生（4%）低，在小六則相同（同為6%）。中三學生中，從不吃早餐的女生（14%）比男生（13%）多。隨年紀增長，女生也許是為了保持身型苗條，令他們較男生不願意吃早餐。

GIRLS EAT LESS WHEN OLDER

Perhaps students' breakfast eating behavior is influenced by their peers and the values in the society. While more girls (79%) than boys (75%) had breakfast every day in Primary 3, this was reversed in Primary 6, with fewer girls (59%) than boys (61%) having breakfast. In Secondary 3, girls who had breakfast further dropped to 37%, in contrast to the 45% in boys.

In Primary 3, less girls (2%) than boys (4%) never had breakfast. This difference was leveled off in Primary 6 (both 6%), while more girls (14%) than boys (13%) skipped breakfast in Secondary 3. Trying to keep fit and lose weight could be the reasons why girls skipped breakfast more often than boys as they grew older.



圖 1 小三、小六及中三不同性別學生進食早餐習慣百分比

Figure 1 Percentages of Students with Different Breakfast Consumption Frequencies by Gender in Primary 3, Primary 6 and Secondary 3

男生的飲食習慣較不健康

小三學生中，男女的飲食習慣頗為相似，唯一不同的是男生吃較多不健康的食品，如肉腸、餐肉、火腿、煙肉（18%）及方便食品（14%），女生則較少進食（分別為12%及9%）。

小六學生中，同樣地男生吃較多不健康（19%）及方便食品（13%），而女生較少（分別為10%及9%）。此外，男生亦進食較少健康食品，如烘焙食品（67%）及高蛋白質食品（44%），女生則較多（分別為77%及51%）。男生吃較少健康食品和較多不健康食品的情況在中三也相同。

BOYS ARE EATING LESS HEALTHILY

At Primary 3, boys and girls had similar eating patterns, except that boys tended to eat more unhealthy food like sausage, luncheon meat, ham, bacon (18%) and convenience food (14%) than girls did (12% and 9% respectively).

At Primary 6, boys still ate more unhealthy food (19%) and convenience food (13%) than girls did (10%, 9% respectively). Boys also ate less healthy food such as bakery goods (67%) and high protein food (44%) than girls did (77% and 51% respectively). This pattern of boys eating less healthy food and more unhealthy food continued into Secondary 3.

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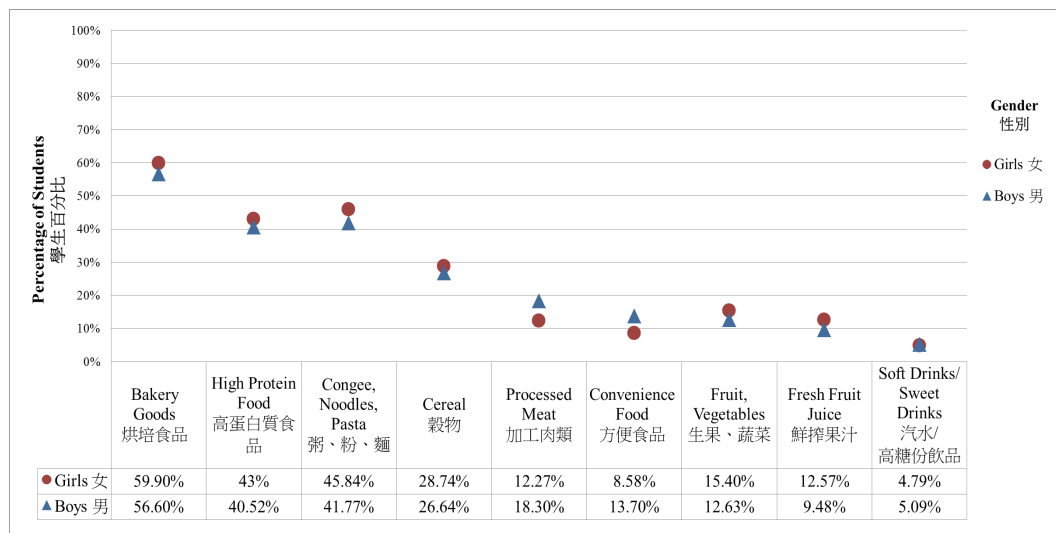


圖 2 小三年級不同性別學生早餐進食各種食物百分比

Figure 2 Percentages of Students Eating Different Breakfast Food by Gender in Primary 3

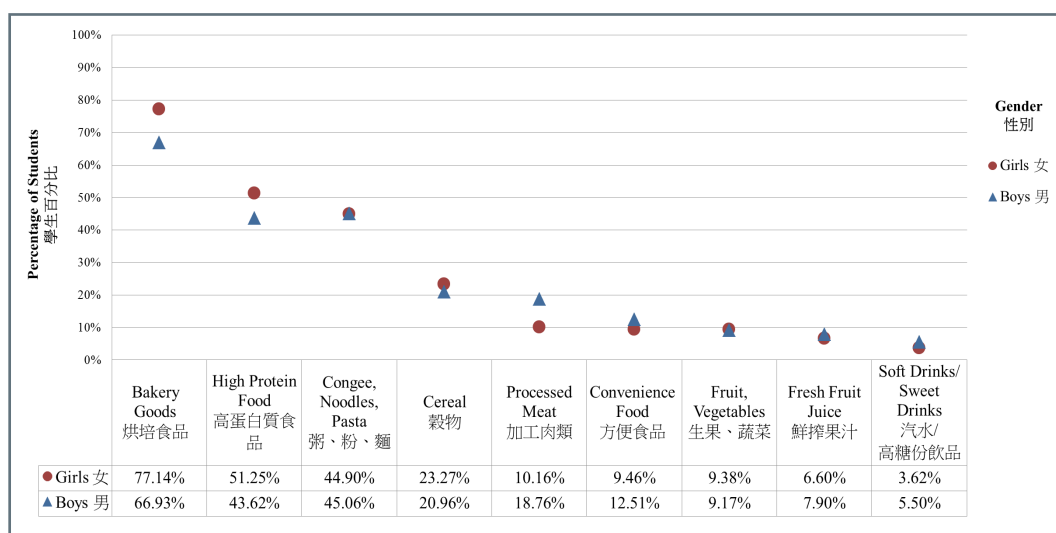


圖 3 小六年級不同性別學生早餐進食各種食物百分比

Figure 3 Percentages of Students Eating Different Breakfast Food by Gender in Primary 6



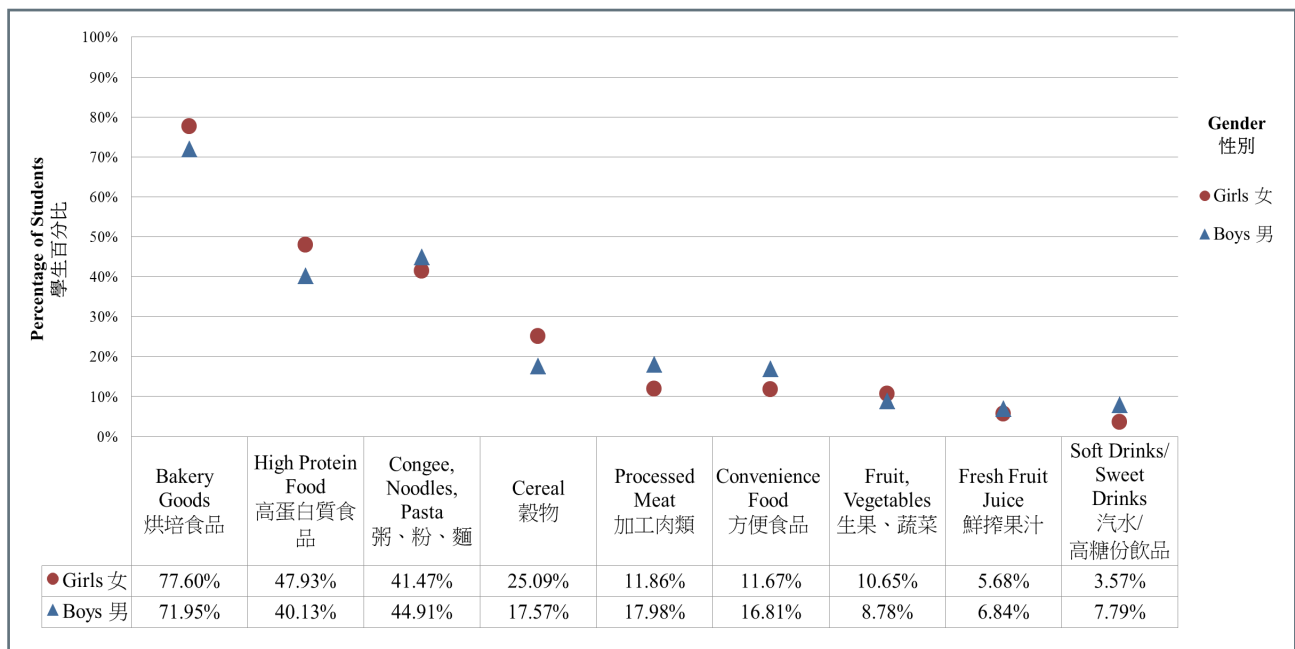


圖 4 中三年級不同性別學生早餐進食各種食物百分比
Figure 4 Percentages of Students Eating Different Breakfast Food by Gender in Secondary 3

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.

The EdData project includes articles on research commissioned by the HKSAR Government, but the opinions expressed herein do not necessarily reflect the official views of the Government.
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To Cite this paper:

Hau, Kit-Tai. (2016). Who is eating more breakfast? Boys or Girls? EdData Speaks, No. 3. EdDataX Research Centre, Faculty of Education, The Chinese University of Hong Kong, Hong Kong.

