

**SURVEY ON THE KNOWLEDGE, ATTITUDE AND  
PRACTICES OF BREAKFAST CONSUMPTION AMONG  
PRIMARY FOUR AND PRIMARY FIVE STUDENTS IN  
SEKOLAH SRI LETHIA AND SEKOLAH SRI ACMAR IN  
KLANG**

**TEO LI ANNE**

Library Services  
UCSI Education Sdn. Bhd. (185479-U)  
No. 1, Jalan Menara Gading, UCSI Heights  
56000 Kuala Lumpur, Malaysia.  
Tel: 603-9101 8880 Fax: 603-9102 3636  
Website: [www.ucsi.edu.my](http://www.ucsi.edu.my)

**B. Sc. (Hons.) FOOD SCIENCE & NUTRITION  
FACULTY OF APPLIED SCIENCES  
UCSI UNIVERSITY**

**2010**

## ABSTRACT

Various studies have showed that breakfast consumption plays a role in the overall health and optimum functioning of the body. The focus of this study was on children as breakfast consumption is especially important for growth and development in the early years. Eating patterns established during the childhood years may be an important determinant of diet and health in the later years. Regular breakfast consumption is also important for growth, physical and cognitive performance, and overall nutritional quality. This study aimed to investigate and evaluate the socio-demographic factors influencing the knowledge, attitude and practice towards breakfast consumption and the correlation between knowledge, attitude and practice towards breakfast consumption among Year Four and Year Five primary school students. For this study, a cross-sectional survey was conducted among 150 students from two private schools in an urban area. Participants from both schools were given a questionnaire consisting of four sections to complete. The obtained data was analyzed using the Statistical Package for Social Sciences for Windows (SPSS for Windows version 17.0). The results of the study showed that a majority of the respondents had a mediocre knowledge level (5.98 points), neutral attitude (5.80 points) and neutral practice (20.75 points) towards breakfast consumption. Most of the respondents reported to have their breakfast at home (67.3%) and a majority agreed that they were physically more active in school (70.0%) and could pay more attention in class (62.7%) when they consumed breakfast. A significantly positive correlation was found between the frequency of breakfast consumption and the respondents' performance in school ( $r=0.226$ ;  $p=0.005$ ). A majority of respondents with a healthy weight (50.7%) showed good practice towards breakfast consumption. A significantly positive correlation was found between knowledge and attitude ( $p=0.00$ ) and attitude and practice ( $p=0.00$ ) while no significant correlation was found between knowledge and practice towards breakfast consumption ( $p=0.082$ ). Parents, schools, and the community play an important role in improving the pattern of breakfast consumption among children through efforts such as a quality nutrition education, provision of healthy foods for breakfast, and role modeling. A combined effort is important to provide children with the necessary nutrition knowledge and skills, instill positive attitude and encourage good practices towards breakfast consumption.