



# Bronco Breakfast Health Hut

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STUDENT HEALTH & WELLNESS SERVICES

## Abstract

The purpose of the Bronco Breakfast Health Hut is to educate students on the importance of breakfast and serving sizes, while also providing students with free, nutritious, and quick breakfast food items. The educational activities at the Bronco Breakfast Health Hut include a “Build Your Plate” activity, a “Spin the Wheel” game with food facts for each food group, and talking to a Peer Health Educator about the benefits of breakfast. After participating, Students receive free breakfast.

## Introduction

We often hear that breakfast is the most important meal of the day, but breakfast skipping is still highly prevalent, especially among the adolescent population. Breakfast consumption can enhance diet by positively contributing to daily recommended intake of nutrients such as fiber, calcium, vitamin A, vitamin C, riboflavin and iron (Rampersaud, 2009). Although more research is needed to fully understand the relationship, some studies have seen breakfast contribute positively toward cognitive function and academic success.

## Methods

After Health Hut participants completed the educational activities, they were asked to complete an evaluation that consisted of 4 questions to assess their knowledge of the benefits of breakfast post health hut visit.

## Pictures



## Results

The evaluations collected demonstrated 70% of students learned one thing from their participation in the Health Hut. 90% of students learned three benefits of eating breakfast. 90% of students agreed or strongly agreed that they felt confident about meeting the minimum recommended servings of each food group after visiting the Health Hut. 77% of students that visited the Health Hut agreed or strongly agreed the serving sizes they learned about were reflective of what they used as a “serving size” in the past.

## Discussion & Conclusion

The data collected from 118 Bronco Breakfast Health Hut participants demonstrated that students who visit the Health Hut are leaving with an increase in knowledge. The evaluations conducted post health hut participation indicated that students learned about the importance of breakfast consumption, serving sizes and different food groups. In the future we plan to improve the health hut providing a bigger variety of breakfast food items.