

投稿類別：英文寫作類

篇名：

**Discussion the Impact of Healthy Breakfast on Teenagers-
Take a high school in Taipei as an example**
(探討營養早餐對青少年的健康影響-以台北市某高中為例)

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I. Introduction

I.1 Study Motivation

Breakfast isn't always a joy to prepare and eat, especially if you're not a morning person or just don't feel hungry after you wake up. However, there are significant benefits to eating a balanced morning meal, especially if you're trying to slim down, adopt a better diet or stay at a healthy weight. It's become an accepted truth that breakfast is the most important meal of the day.

I.2 Study Purpose

This topic aims to explore the definition of modern human nutrition breakfast and find out which breakfast combination is good for human health. The purpose as follow:

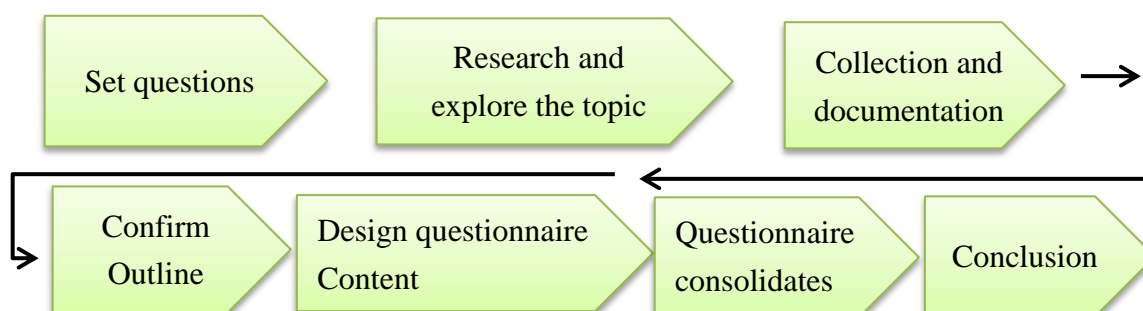
This topic aims to explore modern people's definition of nutritious breakfast, find out which breakfast combinations are good for human health, and understand the developmental and spiritual effects of breakfast on adolescents.

We will conduct a questionnaire survey for high school students to see if teenagers will enjoy a healthy breakfast.

I.3 Study Method

In this study, data collection and questionnaire design were used, and data were collected from health websites, issue 80 questionnaires were expected to be issued to young people about 16-18 years of age in Taipei Main Station.

I.4 Study Prosses



II. Body

II.1 Literature Review

II.1.1 Definition of nutritious breakfast

- Breakfast is dominated by cereals

Grains are rich in carbohydrates, providing you with the calories you need in the morning, increasing your ability to learn and work more efficiently. All grains foods include all grains breads, swallows, gluten, red rice and brown rice.

- High fiber

Dietary fiber is used to help reduce cholesterol in the blood, improve gut health, and help prevent constipation, stabilize blood sugar levels, and increase satiety, so you can avoid eating too much.

- Glycemic index

Higher sugar refers to the number of foods, such as white toast, white porridge and cakes, and so on, through delicate processing, easy to let blood sugar quickly rise, and quickly down, and thus lead to blood sugar instability, belly hungry, tired, mental economic and other symptoms.

- Low saturation and fat

Foods that are saturated with fat, such as bacon, sausage, crispy bread, and fried foods, increase the risk of harmful cholesterol, and increase the chance of cardiovascular disease.

II.1.2 Importance of breakfast

Breakfast provides teenagers with energy and essential nutrients, including iron, calcium and vitamins B and C, which are necessary for growth, development and good health. Children who eat breakfast each day are much more likely to meet their daily nutritional requirements, as a good quality breakfast can provide a child with up to a third of their daily nutrient needs.

II.1.3 Benefit of eating breakfast

- Weight control

When the breakfast is full, don't worry about eating too much junk food before lunch, so for health and weight, do not ignore the importance of breakfast, and do not eat high sugar sweets replaced, and don't because of a momentary appetite to destroy health.

- Help maintain normal diet habits

Eating breakfast daily is a habit that not only helps you control your weight but is also healthy bodies that can provide a full day of energy and help you maintain your normal diet habits.

- Increase the concentration

After a whole night's sleep, the body's blood sugar is depleted, so you need to eat to stabilize your blood concentration, and to get your brain clear, you'll be able to recharge your breakfast time, in addition to helping you rejuvenate, and you can improve your concentration throughout the day.

- Improve one's work emotions

Starving hungry will certainly affect the emotions of the whole person, can make you low and irritable, and people usually have a good reaction to work efficiency and spirit when they have enough blood sugar, so the first step when you wake up in the morning is to buy a breakfast.

II.1.4 Medical Research

According to a South Korean survey, people who do not eat breakfast for more than three days a week are more likely to gain weight than those who eat breakfast every day. If you want to lose weight, not eating breakfast will have the opposite effect.

South Korea's "East Asia Daily" reported that Professor Guo and the research team of the Family Medicine Department of a hospital in Daegu City conducted a South Korean Health Nutrition Survey in 2014, involving a total of 1,524 male and 2008 female.

The results of the survey showed that both men and women, who did not eat breakfast, had a higher chance of gaining weight.

The researchers rated the following four times a week as a hungry group and more than five times as an ingestion group. There were 940 hungry groups, accounting for 26.6% of the respondents.

Among men, the hungry group gained more than 3 kg in one year, which was 1.9 times that of the ingested group and 1.4 times that of the female.

Experts believe that the appetite-related hormonal effects of Leptin and Ghrelin influence body weight when starved. In other words, if you fast or eat a low-protein diet, the secretion of ghrelin will increase, and you will get more energy when you eat next time.

II.1.5 Dietitian recommended breakfast combinations

It is recommended to choose high-fiber food or lactic acid bacteria food to help gastrointestinal motility and promote bowel movements.

- ✓ Whole wheat toast sandwich tomato egg with low fat milk
- ✓ Yam, tea egg and lettuce salad



Figure 1

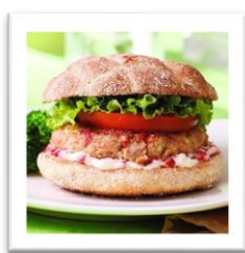


Figure 2

It is recommended to choose foods rich in group B to help boost the spirit, stabilize the mood, and foods rich in DHA, lecithin, to improve brain function.

- ✓ Oatmeal, milk and banana
- ✓ Tuna burger with sugar-free latte



Figure 3

It is recommended that the staple food can choose low-GI staple food, the digestion and absorption rate is relatively slow, can provide a longer feeling of satiety, less hunger, protein can choose meat, eggs, soy products.

- ✓ Brown rice onigiri with sugar-free or low-sugar soy milk

II.2 Discussion and Analysis

Discussion the Impact of Healthy Breakfast on Teenagers-Take a high school in Taipei as an example

We sent 70 questionnaires from Google Docs, of which 68 responded, 50 of which were available, and the remaining 18 were not included in the statistics because the answers were incomplete.

And in this data, our interviewees are the aged in 16-18 female.

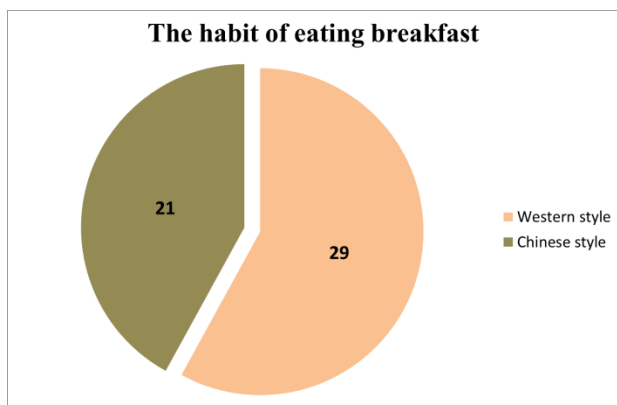


Chart 1

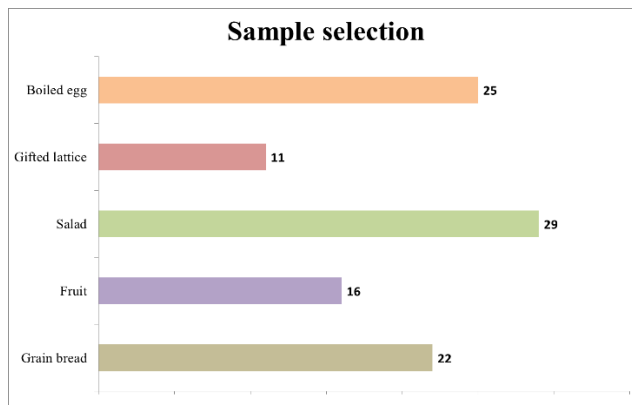


Chart 2

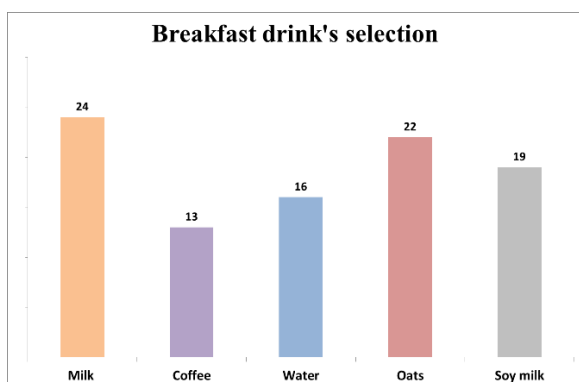


Chart 3

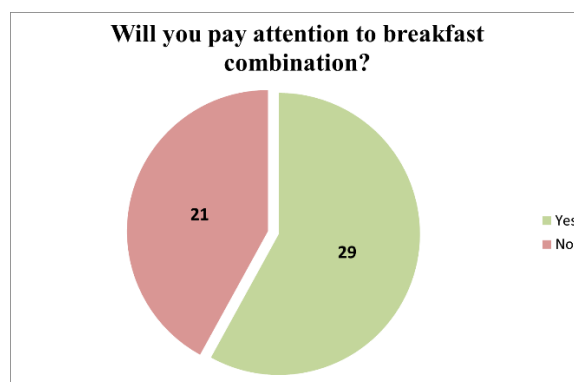


Chart 4

In Chart 1 shows that 58% of people prefer to eat Western style breakfast, another 42% were in favor of Chinese style.

In Chart 2, most people eat salad, followed by boiled eggs and whole wheat bread.

In Chart 3, the respondents usually have milk to go with breakfast, followed by oats and soy milk.

In Chart 4, 58% of people will pay attention to breakfast collocation, so we can infer that most interviewees pay great attention to the breakfast combination and seem it as an important thing in life.

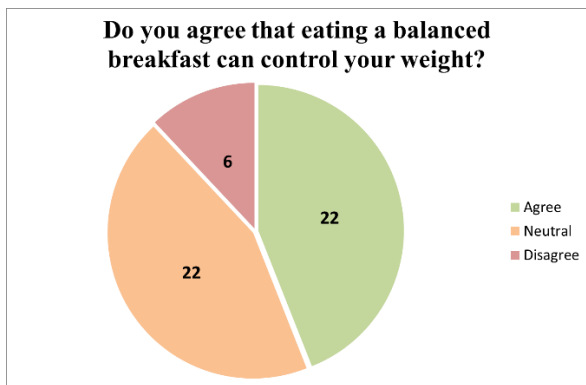


Chart 5

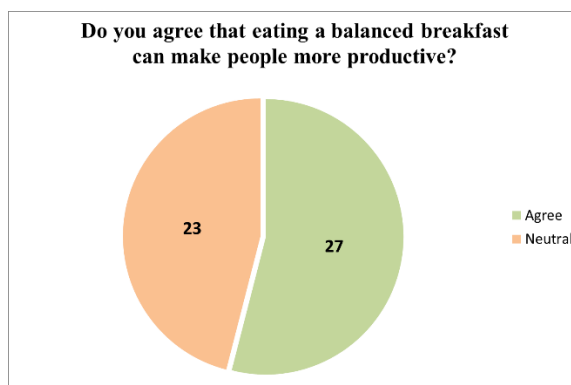


Chart 6

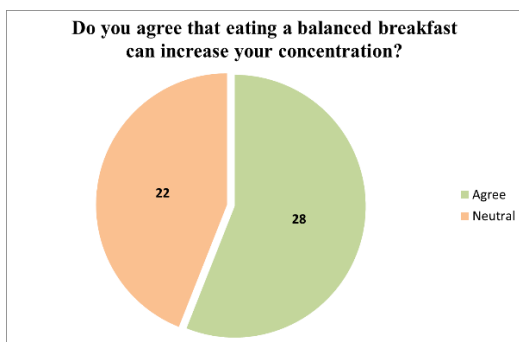


Chart 7

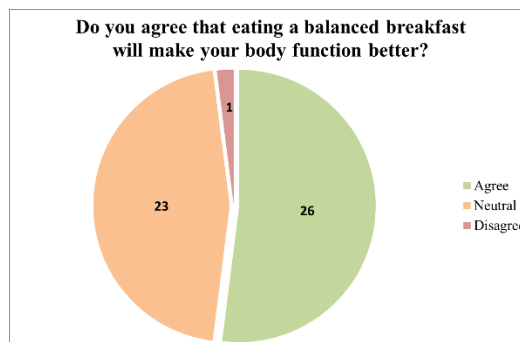


Chart 8

44% of people in Chart 5 believe that a balanced breakfast can control their weight and another 44% of people have no opinion.

In chart six, 54% of respondents thought a balanced breakfast would make people more energetic.

Chart seven shows that 56% of respondents believe that a balanced breakfast does increase their concentration.

Chart eight shows that 52% of respondents agree that eating a balanced breakfast can improve their body function and only one person disagree, so we regard him as an exception, he might in a special situation.

So, we can infer from this study that eating breakfast not only boosts students ' attention in class, but that the carbohydrate produced by the digestion of breakfast carbohydrates can provide muscle energy in the brain.

A balanced diet can also improve the functioning of our bodies, such as eating more fruit, because water ghosts are rich in vitamins, vitamins and cellulose, which can also help gastrointestinal peristalsis and promote the body's metabolism.

All results above indicate that the balanced breakfast can really improve our lifestyle, from Chart 5, 6, 7 and 8, we can be sure that eating a balanced breakfast does help our body.

III. Conclusions

From our questionnaire, we found that most respondents agree with us, like a balanced diet can control weight problems and improve students' concentration in class and work efficiency, as well as improve our body function and so on.

We can infer that most of these interviews found that they were more inclined to eat Western breakfasts, such as boiled eggs, salad or grain bread, and more with milk.

In contrast, we found that the Western breakfast is much healthier than Chinese breakfast. Western breakfast is more natural and don't have lots of seasoning, Chinese breakfast is more oil, take salad and Chinese omelet for example, salad is either didn't cook or boiled, and Chinese omelet is fired with oil, and contain seasoning, so salad is healthier than Chinese omelet.

For teenagers, if their diet eats too greasy or high sugar in there morning, they might will have a negative impact on their health. On an empty stomach it is not appropriate to eat too much greasy food, otherwise it will cause great damage to the intestines.

Finally, we confirmed that eating a balanced breakfast provides energy and essential nutrients for teenagers. Children who eat breakfast every day are more likely to meet their daily nutritional needs, as a good breakfast can provide up to one-third of the daily nutritional needs of the child.

Breakfast is essential and cannot ignored because you want to save or save time. If you don't eat breakfast, bile stored in the bile for one night can't be released normally, which can lead to gallstones and cholecystitis in the long run. In addition, since there is no protein supply, brain cells are insufficiently energized, fatigue is likely to occur, and blood sugar is low. Therefore, it is easy to cause a decrease in immunity and gastrointestinal dysfunction in the long term.

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Appendix

The Influence of Eating Breakfast on Teenagers

We are second-year students in the Applied English Department and are currently investigating your breakfast habits.

Your opinion is very valuable for this study. We take an anonymous method to count statistics. Please feel free to answer.

By. Applied English Class3

Basic Information

Q1.	What is your gender?	<input type="checkbox"/> male <input type="checkbox"/> female
Q2.	How old are you?	<input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18

Question

Q1.	Will you choose Western or Chinese for breakfast?	<input type="checkbox"/> Western <input type="checkbox"/> Chinese
Q2.	What do you basically choose to eat for your breakfast staple?	<input type="checkbox"/> Boiled egg <input type="checkbox"/> Gifted lattice <input type="checkbox"/> Salad <input type="checkbox"/> Fruit <input type="checkbox"/> Grain bread
Q3.	What do you basically drink for breakfast?	<input type="checkbox"/> Milk <input type="checkbox"/> Coffee <input type="checkbox"/> Water <input type="checkbox"/> Oats <input type="checkbox"/> Soy milk
Q4.	Would you like to go with a Day's breakfast?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Q5.	Do you agree that eating a balanced breakfast can control your weight?	<input type="checkbox"/> Agree <input type="checkbox"/> Neutral <input type="checkbox"/> Disagree
Q6.	Do you agree that eating a balanced breakfast can make people more productive?	<input type="checkbox"/> Agree <input type="checkbox"/> Neutral <input type="checkbox"/> Disagree
Q7.	Do you agree that eating a balanced breakfast can increase your concentration?	<input type="checkbox"/> Agree <input type="checkbox"/> Neutral <input type="checkbox"/> Disagree
Q8.	Do you agree that eating a balanced breakfast will make your body function better?	<input type="checkbox"/> Agree <input type="checkbox"/> Neutral <input type="checkbox"/> Disagree