



**CALIFORNIA STATE SCIENCE FAIR  
2005 PROJECT SUMMARY**

<b>Name(s)</b> <b>Kim J. Delnegro</b>	<b>Project Number</b> <b>S0310</b>
<b>Project Title</b> <b>Brain Food</b>	
<b>Abstract</b> <b>Objectives/Goals</b> The goal of my project was to see if eating a well-balanced breakfast, as opposed to an unhealthy breakfast or no breakfast, affects an average teenagers math and puzzle skills. <b>Methods/Materials</b> Test scores were collected from 20 average teenagers. Ten students ate a healthy breakfast, and ten students ate no breakfast. All twenty students took a math test, consisting of basic algebra problems, and an online 22-piece puzzle, which was scored by time of completion. Scores were gathered and compared between eating and non-eating teens. <b>Results</b> My results showed that eating a healthy breakfast drastically increased math skills, but scores varied for the puzzle. Almost 85% of the students who ate breakfast had higher math scores than that of people who did not eat. However, puzzle times of completion varied so I assume that breakfast affects students# puzzle/memory skills in different ways; maybe some people are better at concentrating when they are hungry. <b>Conclusions/Discussion</b> After conducting this experiment, I concluded that eating a healthy, well-balanced breakfast is, for most students, the better way to go. On top of increased math scores, eating breakfast decreases irritability and stress, raises metabolisms, and just makes for a happier, more energetic person.	
<b>Summary Statement</b> The affects of eating a well-balanced breakfast on students' math and puzzle skills.	
<b>Help Received</b>	