

**KNOWLEDGE, ATTITUDE AND PRACTICE OF BREAKFAST INTAKE AMONG
SMK SRI PERMAISURI, CHERAS
KUALA LUMPUR**

ABSTRACT

Breakfast is the most important meal taken at the beginning of each day. Eating breakfast important to stimulate the body's organs which are not active at night, turn to provides energy for active teenagers and ready for work and more receptive lessons delivered by teachers at the school. Therefore, this study was undertaken to determine the knowledge, attitudes and practices related to adolescent breakfast consumption. Cross-sectional study was conducted on 82 students aged 13 and 14 years. SMK Seri Permaisuri Cheras Kuala Lumpur was chosen as the study site based on certain criteria. Data was obtained through a structured questionnaire distributed to students and monitor by the teachers. The study found that, in terms of practice, only 14.60 % of students eat breakfast every day. For knowledge, the 77 % of students are poorly informed about the Malaysian Food Pyramid guidelines followed by the attitude which 87.80 % were not compliant in taking full breakfast. The results also showed no significant correlation ($\chi^2 = 2443$, $p = 0.295$) between maternal employment and recruitment practices breakfast. In addition, no significant differences ($F = 0.488$, $p = 0616$) between Body Mass Index (BMI) of students with practice eating breakfast. Accordingly, the results of this study can help the school, particularly in developing activities and programs related to health education to solve the lack of knowledge and practice and to stimulate students' attitudes toward hiring a full breakfast.