Breakfast Boosts Test Scores!

The state of Minnesota launched a school wide breakfast program in six elementary schools called “Fast Break to Learning”. A study completed by the University of Minnesota showed students participating in this program demonstrated greater attention in class and showed greater improvements in test performance compared to schools not participating in the program. A snap shot of the study’s executive summary shown below shows gains in reading, math, and writing scores of students participating in “Fast Break to Learning”.

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Student Achievement

Reading, writing, and math components of the Minnesota Comprehensive Assessment Test were used to measure the academic achievement of 3rd and 5th graders at Fast Break to Learning schools and at a control group of schools.

Achievement Gains 1999 to 2000

In three out of four reading and math tests, Fast Break to Learning schools improved academic achievement more than the control group of schools.

Percent Gain at or above Level 2 1999 to 2000

In the same three out of four reading and math tests, a higher percentage of students tested at Level 2 reading and math.

Fifth Grade Writing Scores 1999-2000

Although 5th grade writing scores declined across the board for all schools, scores at Fast Break to Learning schools stayed much closer to the previous year’s scores.

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