Research Rundown

Article:
School Lunch Timing and Children's Physical Activity During Recess: An Exploratory Study

What did this article examine?

1. Does time of recess influence the amount of food children eat during lunch?

2. Does time of recess affect the energy balance of children?

Key findings:

Intake at Lunch
- Students who ate lunch after recess were observed to have eaten 14% more calories than students receiving lunch before recess.
- Students eating lunch after recess consumed more milk than students receiving lunch before recess.

Physical Activity at Recess
- There was no significant difference in the amount of energy expended during recess for students eating lunch before recess compared to those eating lunch after recess.
- Students eating lunch before recess had a greater positive energy balance.

Put it into practice!
- Consider offering lunch after recess as a method to reduce food waste by increasing the total amount of food consumed by your students.
- Test the change at one school first and collect feedback from students, parents, teachers, administrators, and other school staff to determine the effects at your sites.

Reference: