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CTEC 298

**Breakfast Scenario**

**Research objectives:**

1. To determine whether consuming breakfast regularly leads to better cognitive performance throughout the day.
2. To explore the correlation between eating breakfast regularly and maintaining a healthy weight.
3. To understand how the nutritional content of breakfast impacts overall health outcomes.
4. To provide recommendations for serving sizes of breakfast to promote healthy eating habits.

**Preliminary research questions**:

1. What are the benefits of consuming breakfast regularly?
2. Does skipping breakfast have any negative effects on cognitive performance throughout the day?
3. Is there a relationship between eating breakfast regularly and maintaining a healthy weight?
4. How does the nutritional content of breakfast impact overall health outcomes?
5. What are the recommended serving sizes for a healthy breakfast?

**Data needed to answer these questions:**

1. Data on the cognitive performance of individuals who consume breakfast regularly compared to those who do not.
2. Data on the weight status of individuals who consume breakfast regularly compared to those who do not.
3. Data on the nutritional content of different types of breakfast foods and their impact on health outcomes.
4. Data on recommended serving sizes for a healthy breakfast based on age, gender, and physical activity level**.**