

**THE EFFECTS OF MEALTIME ON ACTIVITIES AND INTELLECTUAL PERFORMANCE IN OFFSPRING AND YOUNGSTERS****Mohini Tyagi*¹**¹Research Scholar, Venkateshwara University, Gajrolla (U.P), India.**ABSTRACT**

Ordinary mealtime use is associated with higher intake of key vitamins and natural resources. This may boost the probability of meeting nutritional requirements. Conversely, mealtime skippers may not make up for missed nutrients at other. Indeed, a review of mealtime and the diet of adults confirm that mealtime eaters consume better quality diets that include more fiber and nutrients and fewer calories than mealtime skippers. Popular mealtime foods help people meet recommendations for these food groups. Mealtime also contributes to whole grain intake (over 30% of the intake) which is known to reduce the risk of diabetes and coronary heart disease. A number of studies have shown that use of mealtime is associated with a more positive temper including greater alertness, hedonic tone and a reduction in anxiety in the period shortly after use. With so much information still unknown regarding the specific links between breakfast foods and school performance, policy makers, educators, and parents must not only support regular breakfast consumption, but also seek to modify students' nutritional intake based on the most current research available in the field. Breakfast consumption is a global and costly issue, requiring the attention of policy makers to determine the best use of funds and program implementations. Educators daily compete with a myriad of learning impediments in their classrooms, not the least of which is improperly nourished students who struggle with focus and knowledge retention.

Keywords: Children, breakfast, diet, nutrition, cognition, academic achievement, achievement gap, socioeconomic factors.