ABSTRACT

Concentration are influenced by glucose levels in the body. For meet glucose levels obtain by breakfast. **Objective:** To know the difference of concentration of students who have breakfast with students who do not breakfast. **Method:** A cross sectional study was conducted on 123 students in grades 3, 4, 5 and 6. Student data were breakfast or not obtained by using questionnaires asked to students while the concentration data of students using grid concentration test. Students are given a table containing random numbers and told to sort the numbers from 00 in 1 minute. Concentration value is the last value successfully sorted by the respondent. **Result:** Difference of concentration of student who breakfast with student who do not breakfast, show sig = 0.014. **Conclusion:** There is a difference of students who are having breakfast with students who do not breakfast to the concentration of learning.

Keywords: breakfast, concentration, students.