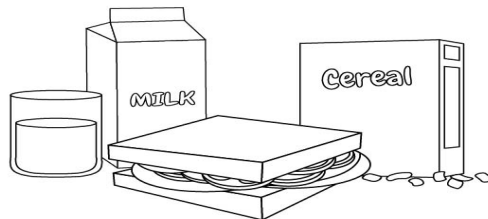


Name:

Date:



Breakfast

Breakfast is considered the most important meal of the day because it fuels our bodies with energy to begin the day. A nutritious breakfast should include a mix of foods from various food groups. Popular breakfast choices include cereal, toast, eggs, fruit, and yogurt. Having a well-balanced breakfast supports better focus in school and provides essential nutrients. Skipping breakfast can affect the rest of the day, so it's crucial to make it a daily habit.

Read the text and answer the questions.

1. Why is breakfast often called the most important meal of the day?

2. What are some common foods that people eat for breakfast?

3. How does eating a balanced breakfast help students at school?
