

Don't Skip Breakfast

Read the article about 'Don't Skip Breakfast' and answer the questions below.

Do you skip breakfast? Millions of people do, and if you are one of them, you are putting your ability to think and learn at risk. Skipping breakfast can cause you to be hungry, tired, or grumpy by the middle of the morning. Why is that? First, when you wake up, you have not eaten for about eight hours. Your body's fuel, called glucose, is low. Eating breakfast raises the level of glucose in your brain. Your brain requires a constant flow of glucose to do mental work.

So eating breakfast will give you a mental edge at school. What if you don't have enough time for breakfast or if you are not hungry when you wake up? Having something for breakfast is better than nothing. Drink some milk or juice. Then catch a nutritious snack later on in the morning. Yoghurt, dry cereal, cheeses, or fruit are good choices. What if you don't like breakfast foods? Then eat healthy foods you do like. Even cold pizza or a fruit smoothie can power your morning. Any way you look at it, there's no reason to skip this essential meal.

1. When can you feel tired and hungry if you skip breakfast?
 - A. In the morning
 - B. In the afternoon
 - C. In the evening
2. What does eating breakfast do to your brain?
 - A. makes you think better
 - B. wakes up your brain
 - C. fuels your brain
3. What advice does it give if you don't have time for breakfast?
 - A. skip it and wait for lunch
 - B. have a drink at home and then a snack at school
 - C. make a sandwich to eat at school
4. What advice does it give if you don't like breakfast?
 - A. have some fast food
 - B. have a sugary fruit drink
 - C. choose any healthy food
5. Why has someone written this text?
 - A. to answer questions about skipping breakfast
 - B. to tell people about the benefits of having breakfast
 - C. to make people know what people breakfast habits