

Read this article and decide whether these statements are True (T) or False (F)

WHY YOU SHOULD EAT A HEALTHY BREAKFAST



The most essential meal that must not be skipped is breakfast, since it supplies energy and nutrients needed by the body and the brain in order to be productive and maintain concentration.

Breakfast is connected to reduce weight. Instead of helping reduce weight, skipping breakfast leads to weight gain because it makes one feel hungry. When people get hungry, they want to eat snacks, which usually contain high fat and sugar.

Breakfast provides the minerals, vitamins, and fibers that needed by the body.

People who eat breakfast will be more energised in the morning and ready to start their day.

1. The poster encourages people not to have breakfast in the morning
2. If you don't have your breakfast in the morning, you don't get a supply of energy and nutrients.
3. People who go to work without breakfast will gain weight easily.
4. If you don't take your breakfast in the morning, you will seem fresh until midday.
5. Our breakfast consists of minerals, vitamins, and fibers.

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F

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