



Start the Day with a Healthy Breakfast

1. Tick the correct option -

a. Why is breakfast important after waking up?

- It helps you sleep better during the day
- Provides energy to start the day
- Helps to skip the lunch
- It tastes better in the morning

b. What could be the result of skipping breakfast or eating it too late?

- High energy levels throughout the day
- Reduced hunger all day
- Low energy and feeling hungry soon after
- Better concentration in class

c. What is a downside of eating a sugary breakfast like choccos, sweet buns, or cream biscuits?

- Gives long lasting energy
- Keeps you full till lunch
- Gives quick energy but leaves you hungry soon
- Makes your bones stronger

d. Which of the following breakfast plates is the most balanced, with fiber + protein + carbs?

- Milk and Fruits
- A Burger
- Idli and Sambhar
- Slice of Cake

2. Drop the foods you will eat in your healthy breakfast cart.

