

1 BEGIN WITH BREAKFAST



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

c. What is a downside of eating a sugary breakfast like chocos, 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

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

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.

