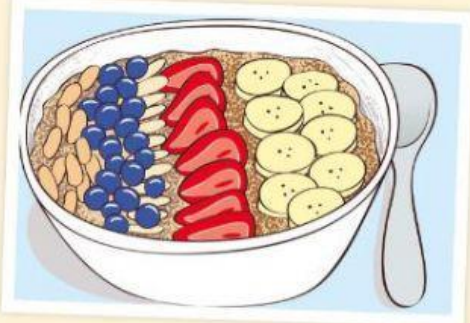# ENERGY Breakfast

I need a lot of energy at the start of the day! I do a lot of sports and I realize that I need to eat well to be healthy, so it's important for me to have a nutritious breakfast. It has to be filling and tasty, too. Sometimes I have pancakes with fruit and strawberry jelly. I also like cereal with milk, fruit, and nuts. But my breakfast isn't always sweet. Let's have a closer look at the things I eat.

Superfoods are an important part of my breakfast. They're a great source of energy that lasts all morning. Cereal and milk for breakfast are fine, but I also add superfoods like nuts and seeds to the bowl. They're healthy and also very tasty. I like hazelnuts, pistachio nuts, and pumpkin seeds the best.

Sometimes my mom makes omelets. They're a great idea because eggs have a lot of protein. Maybe it sounds weird for breakfast, but she also adds vegetables for energy when I have sports on the same day. Broccoli is my favorite superfood for omelets.

My favorite breakfast is my mom's pancakes with fruit and jelly. Mom's homemade jelly is made with a superfood – strawberries. In fact, all berries are superfoods. I also drizzle honey on pancakes because it's sweet and tasty.

Do you want an energy boost for breakfast? Then make a sensible choice and eat up your superfoods!

1-	READ ENERGY BREAKFAST. STOP AFTER EACH PARAGRAPH AND CHOOSE THE BEST TITLE.

PARAGRAPH 1

a)	A NUTRICIOUS BREAKFAST SHOULD ALWAYS BE SWEET AND TASTY.

b)	A NUTRICIOUS BREAKFAST SHOULD ALWAYS BE FILLING AND HEALTHY

PARAGRAPH 2

a)	Hazelnuts and pistachios are superfoods

b)	Hazelnuts and pistachios are seeds.

PARAGRAPH 3

a)	A vegetable omelet is a great superfood breakfast

b)	A vegetable omelet is a good idea for lunch.

PARAGRAPH 4

a)	Berries and Honey make us feel tired.

b)	Berries and Honey are great on pancakes.

2) THINK AND WRITE

a) Name a SUPERFOOD you eat regularly.

b) Which SUPERFOOD you would like to try?

c) How do you think SUPERFOODS make us feel?