



Name: \_\_\_\_\_



## READING

### 1. Choose the word which best fits each gap.

Breakfast is the (1) \_\_\_\_\_ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) \_\_\_\_\_ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) \_\_\_\_\_ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) \_\_\_\_\_ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) \_\_\_\_\_ three meals helps take off weight more efficiently than (6) \_\_\_\_\_ breakfast and having two larger meals a day does.

1. a. healthy	b. tasty	c. main	d. most
2. a. streinght	b. power	c. energy	d. effort
3. a. able	b. enable	c. unable	d. capable
4. a. lose	b. put	c. gain	d. drop
5. a. in	b. into	c. up	d. for
6. a. skipping	b. making	c. buying	d. serving

