Why Students Should Eat Breakfast Everyday

Breakfast is the most important meal of the day but a lot of people, especially youth, go through the day without having breakfast. Many people believe that it is not necessary, or they say that they don't have time for that, and start their day with no meal. I believe that everyone should eat breakfast before going to their activities or work.

The first reason why you should eat breakfast before going to school is for your health. When you skip breakfast and go to school, you are looking for a disease because it's not healthy to have an empty stomach all day long. It's very important to have a meal and not let your stomach work empty. All you are going to get is gastritis and a lot of problems with your health if you don't eat breakfast.

The second reason is to keep concentration. Students who eat a healthy breakfast tend to have better concentration than students who skip breakfast. After having breakfast in the morning, students can focus on the task at hand better and become less distracted by outside influences and other students. They're also able to understand what's being taught more easily and retain that new information better than students who are hungry because they've skipped breakfast.

The third reason is eating breakfast will get you better test score. Students who eat breakfast before starting their school day don't just concentrate better, they tend to score better on academic tests in math, reading, and science. According to a study published in the Journal of Economics, students in schools that offered free breakfasts before class scored about 25 percent higher on math, reading and science tests. Researchers believe that this is because the breakfast provides the energy necessary to increase cognitive, or thinking, speed and problem-solving skills.

Another reason for eating breakfast is to reveal your energy. When you sleep, you're technically fasting, since you're going without food. Because of this, your blood sugar starts to drop overnight. When you wake up and eat breakfast, it provides the glucose your body needs for energy to get through the day. When students wake up after an overnight fast and go to school without eating breakfast, they start the day with low blood sugar that just keeps getting lower. This can leave them feeling slow and sluggish

LIVEWORKSHEETS

and make it more difficult to get through the day, or at least their morning classes. On the other hand, eating a healthy breakfast before school raises blood sugar to a healthy level and provides the necessary energy that students need to perform well in class until lunchtime.

The last reason to have breakfast every day is because we can avoid diseases if we eat some breakfast in the morning. If you don't eat, you are getting weak and sick, and these diseases will have a stronger effect on you because you're going to get sick easier than people who have breakfast every day.

You have to realize that breakfast is the most important thing of the day, and you cannot skip it without consequences for your health, your school and your defence mechanism. It is better to wake up earlier and have a good breakfast than run to school without eating anything. It is time for you to do something for your health, and eating breakfast is the better way to start your day.

Multiple Choice Test

1. What does the text tell us about?
   a. Breakfast is unnecessary for students
   b. Breakfast is the most important meal of the day
   c. Breakfast should not be recommended for students
   d. Having breakfast makes people unhealthy
   e. Eating breakfast keeps students' concentration

2. What is the main idea of the second paragraph above?
   a. Eating breakfast before going to school is to keep our health
   b. Eating breakfast before going to school to keep concentration
   c. Breakfast is the most important thing of the day
   d. Eating breakfast is to maintain our energy
   e. Eating breakfast will get students better test score

3. Which of the following statements is true according to the passage?
   a. Many people believe that having breakfast is really necessary

LIVEWORKSHEETS

b. When you wake up and eat breakfast, it doesn't provide the glucose your body needs for energy to get through the day
c. Eating a healthy breakfast before school raises blood sugar to an unhealthy level
d. Students cannot focus on the task after having breakfast in the morning
e. Having breakfast every day can avoid diseases

4. Which of the following statements is wrong based on the text?
   a. students in schools that offered free breakfasts before class scored more than 25 percent higher on math, reading and science tests
   b. Students can understand what's being taught more easily if the have breakfast in the morning.
   c. Skipping breakfast will have you any negative consequences
   d. Eating a healthy breakfast before school raises blood sugar to a healthy level
   e. Skipping breakfast affects students with low blood sugar

5. "They are also able to understand…skipped breakfast". The word "they" in that sentence refers to…
   a. People
   b. Students
   c. Teachers
   d. Parents
   e. Friends

Matching

6.	Youth	A.	Can
7.	Disease	B.	Increase
8.	Improve	C.	Begin
9.	Start	D.	Young people
10.	Be able	E.	Health problem

LIVEWORKSHEETS