

1. Complete the passage with words from the box.

Do you skip breakfast most mornings? If you're (1) _____ most kids, you probably do! A new school year can be a good time to get (2) _____ the habit of eating a healthful breakfast, say experts. Recent studies show that eating breakfast (3) _____ both your health and your brainpower. "Breakfast supplies children with the (4) _____ they need and fuels them for a day of learning," nutrition expert Virginia Campbell told Weekly Reader. Did you know that the word breakfast means "break the fast"? (5) _____ you're asleep at night, you're fasting, or not eating. You "break the fast" when you eat a morning meal. Breakfast (6) _____, or restores, the energy that is lost after a night's sleep. That is (7) _____ it is often called the most important meal of the day.

Studies show that kids who eat a (8) _____ breakfast learn better, pay (9) _____ attention in class, and are less likely to miss school. Experts also say that kids who eat breakfast are less likely to overeat later in the day. That is good news. (10) _____ regular exercise, eating breakfast can lower the risk of becoming obese, or severely overweight.

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| 1. a. alike | b. likely | c. like | d. likable |
| 2. a. over | b. on | c. into | d. by |
| 3. a. maintains | b. deteriorates | c. recovers | d. boosts |
| 4. a. nutrition | b. nutrients | c. nutritionists | d. nutritious |
| 5. a. While | b. Since | c. Though | d. Whether |
| 6. a. reassures | b. restrains | c. replaces | d. replenishes |
| 7. a. why | b. which | c. when | d. where |
| 8. a. hearty | b. healthful | c. quick | d. cooked |
| 9. a. some | b. greater | c. much | d. more |
| 10. a. Thanks to | b. Because of | c. Involved in | d. Along with |