ARRANGE THE FOLLOWING TEXT INTO A GOOD ANALYTICAL EXPOSIITION TEXT!

The Importance of Having Breakfast

Having breakfast helps us feel more focused for the coming day. When we study at school and didn't have breakfast before, we will more likely to not focus during the lesson. There's nothing worse than being constantly aware that you are hungry and counting the minutes until lunchtime. Having breakfast in the morning not only fuels us until lunchtime but actually gives our brains the essential energy to function and focus better on tasks, so we can concentrate more.

In a busy morning, people tend to skip their breakfast. Actually, there are many benefits of having breakfast. Here are two reasons why it is important.

The two reasons above, to help us feel more focused and to control our appetite are only some of many reasons out there on why having breakfast is important. There are indeed many other benefits of having breakfast.

Having breakfast will also control our appetite. If we don't eat breakfast, we are much more Likely to end up snacking throughout the morning, which could pile up the unhealthy calories! Stay away from overly-refined snacks with added sugar, so if you do feel like snacking, have some slices of fruits.

LIVEWORKSHEETS

THESIS	
ARGUMENTS	
REITERATION	

LIVEWORKSHEETS

above,	:	di atas,	lunchtime.	:	waktu makan siang.
actually	:	Sebenarnya	many	:	banyak
Actually,	:	Sebenarnya,	more	:	lagi
added sugar	:	menambahkan gula	only	:	hanya
appetite	:	nafsu makan	our brains	:	otak kita
before,	:	sebelum,	overly-refined snacks	:	camilan yang terlalu halus
being constantly aware that	:	terus-menerus menyadari hal itu	people	:	rakyat
benefits	:	manfaat	pile up	:	menumpuk
benefits	:	manfaat	skip	:	melewati
better	:	lebih baik	snacking	:	ngemil
breakfast.	:	sarapan.	so	:	Jadi
but	:	Tetapi	some slices of fruits.	:	beberapa potong buah-buahan.
concentrate	:	konsentrat	Stay away	:	Menjauhlah
could	:	bisa	tasks,	:	tugas,
counting the minutes	:	menghitung menit	tend to	:	cenderung
didn't	:	tidak	than	:	dibandingkan
during	:	selama	the coming day.	:	hari yang akan datang.
end up	:	berakhir	the essential	:	yang penting
energy	:	energi	the lesson.	:	pelajaran.
feel	:	merasa	the unhealthy calories	:	kalori yang tidak sehat
feel	:	merasa	their	:	milik mereka
from	:	dari	there are	:	ada
fuels us until	:	bahan bakar kita sampai	There are	:	Ada
gives	:	memberi	There's nothing	:	Tidak ada apa-apa
have breakfast.	:	sarapan.	throughout the morning,	:	sepanjang pagi,
helps	:	membantu	to function	:	berfungsi
Here are reasons	:	Inilah alasannya	until	:	sampai
hungry	:	lapar	us	:	kita
If	:	Jika	we	:	Kami
important	:	penting	When	:	Kapan
important.	:	penting.	which	:	yang
In a busy morning,	:	Di pagi hari yang sibuk,	will	:	akan
indeed	:	Memang	with	:	dengan
likely	:	mungkin	worse	:	lebih buruk

LIVEWORKSHEETS

Write your opinion about having breakfast, do you agree that breakfast is important?

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LIVEWORKSHEETS