

## **The Importance of Having Breakfast**

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.

Having breakfast helps us stay focused for the coming day. When we study at school and not have breakfast before, we will not be focused 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 better, so we can concentrate more.

Having breakfast will also control our appetite. If we don't eat anything as breakfast, we will end up snacking throughout the morning, which piles up the unhealthy calories, especially from overly-refined snacks with added sugar.

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.