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. strenght 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

LIVEWORKSHEETS