PRACTICE 4

Read the talk below and correct the underlined errors.
For each question, write the correct word in the space provided on your answer sheet.

Why breakfast is the most important meal of the day

Good morning everyone. I am here today to talk about why breakfast is the most important meal of the day. Breakfast **(0)** are the moment where you literally 'break the fast'. This is why it's been commonly dubbed as "the **(9)** more important meal" of the day. Being the first meal of the day, breakfast **(10)** help to set the pace of the day by providing one with energy. A good, healthy breakfast provides you with the fuel that you need to **(11)** got through the day. By skipping breakfast, you are likely to experience feelings of fatigue throughout the day. Breakfast **(12)** energising the body. People who have breakfast show an increase in physical activity **(13)** hence their mornings than people who skip it. There are some reasons **(14)** what we should have breakfast. Starting your morning with breakfast will boost your metabolism **(15)** or keep your blood sugar levels stable during the day. In a nutshell, a morning meal is necessary not only for your body **(16)** and for the brain as well. That's all for my talk. Thank you for listening.

Example:

0	is

Answers:

9		**10**		**11**		**12**	
13		**14**		**15**		**16**	

[8 *marks*]

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LIVEWORKSHEETS