



IMPORTANCE OF

Breakfast

A)

One in ten people do not eat a proper breakfast even though it's the most important meal of the day. In fact most people do not eat breakfast at all and that's the first mistake of the day.

B)

You should be eating 25% of the day's calories in the morning, so that you will be at your best physically and mentally right through to lunch time. When you get up in the morning it may be 8 to 12 hours since your last meal and your blood sugar may be very low. Your body needs sugar that's why starting with this is so important.

C)

Empty stomachs result in low concentration levels for school children as well as adults at work. On the other hand, people who eat breakfast lead happier and more energetic lifestyles.

D)

For an active day the body needs protein: brain and energy food. If you want to make yourself feel pretty good, have scrambled eggs and smoked salmon. Scramble two eggs and just before they are ready add the smoked salmon. Serve with lots of black pepper and some brown toast. Add a glass of fresh orange or kiwi juice for vitamin C and you'll be able to do anything.

E)

For a calmer more peaceful start, you need carbohydrates. Have a large bowl of freshly made porridge. Add some cinnamon, a relaxing spice, a teaspoon of honey and some cream. It will give you slow energy, lots of vitamin B, healthy calories and almost no fat.

F)

Or, just be traditional. Try the Great British breakfast but not the traditional which is full of fat and calories. Try the healthy which is just as good but has 1/4 of the fat and half the calories. Cook some tomato and some mushrooms. Dry fry a sausage and bacon without fat. Use toast instead of fried bread and you will have a fantastic and healthy start to the day!

Source edited from:
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COMPREHENSION

1. Read the article. Match the first half of the sentence on the left with an ending on the right.

1. Breakfast should contain	a) sugar
2. In the morning the brain needs	b) protein
3. Scrambled egg and smoked salmon is full of	c) fat and calories
4. Porridge is full of	d) 25% of the day's calories
5. Fried food is full of	e) carbohydrates

2. List three good reasons for eating breakfast.

3. Why should you drink a glass of orange juice everyday?

4. Is the traditional British breakfast healthy?

5. Find the opposites of these words:

healthy

empty

happier
