



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.

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|----------------|-----------|-----------|------------|
| 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 |

