

**BREAKFAST:  
The Most Important Meal of the Day!**

1. List everything you ate for breakfast this morning.
2. How are you feeling right now? (Tired, Energetic, Hungry, etc.)
3. What does the word *breakfast* actually mean?
4. What happens inside your body when you eat breakfast?
5. List 5 benefits of eating a good breakfast?
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6. Why do we need to eat protein?

7. What is the difference between simple carbohydrates and complex carbohydrates?

8. What happens in our body when we eat candy or drink sodas?

9. Why is eating some fat a good thing?

10. What is good about foods high in fiber?

11. How can you lose weight by eating breakfast?

12. Have a look at question number 1 again. Did you eat any proteins for breakfast this morning? How about fiber or complex carbohydrates?

Design a breakfast you could eat that would help you to stay energetic, focused, and not feel hungry again until lunch time. List the foods you would include in your breakfast below.