

Name _____

Energize Your Day: The Importance of Breakfast and How It Affects Our Day

Short Answer

1. Explain why breakfast is considered the morning fuel for our bodies.
2. Name two sources of protein that can be included in a balanced breakfast.
3. How can a well-balanced breakfast help with weight management?
4. Describe one way in which breakfast can enhance mood and reduce stress levels.
5. What are some tips for making breakfast a regular part of your morning routine?

