

Name _____

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

Open-Ended Response Questions

1. Share a personal experience or story about a time when having a nutritious breakfast made a noticeable difference in your day.
2. Imagine a day without access to breakfast. How might this affect your energy levels and productivity?
3. Discuss the concept of "breakfast on the go" and provide examples of portable breakfast options that can be nutritious and convenient.
4. Explain the relationship between a balanced breakfast and making healthier food choices throughout the day, using examples.

