

Name _____

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

Short Answer Key

1. Breakfast is considered the morning fuel for our bodies because it replenishes energy and nutrients after overnight fasting, helping us feel awake and alert.
2. Two possible answers: Eggs and yogurt.
3. A well-balanced breakfast can help with weight management by controlling appetite and preventing overeating later in the day.
4. Breakfast can enhance mood and reduce stress levels by preventing irritability and mood swings when you're not hungry.
5. Tips for making breakfast a regular part of your morning routine include preparing breakfast items ahead of time, trying simple breakfast options, making breakfast enjoyable, and setting a specific breakfast time.

