

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary but may include personal experiences of feeling more energized and focused after having a nutritious breakfast.
2. In a day without access to breakfast, energy levels might be lower, and productivity could be affected due to the lack of morning fuel.
3. "Breakfast on the go" refers to portable breakfast options like granola bars, fruit, or a peanut butter sandwich that can provide essential nutrients and energy while being convenient for busy mornings.
4. A balanced breakfast sets a positive tone for the day, making individuals more likely to make healthier food choices throughout the day. For example, someone who starts the day with oatmeal and fruit is less likely to reach for sugary snacks mid-morning.

