

The Benefits of Breakfast Article Review Questions

Health 5-Mrs. Maus

Name: _____ Hour _____ Date Due _____

1. According to the article, _____ of 3 teens skip breakfast even though it is the _____ important meal of the day!
2. Who has a greater nutritional need... Adults or teens? (circle one)
3. Teens need a steady fuel supply to power their _____ and provide _____ for sports and other activities.
4. Eating breakfast not only provides the energy you need to get through the day, but also helps you focus and do better in school. True or False?
5. It is difficult to make up nutrients that are lost due to skipping breakfast even if someone eats a large lunch or dinner. True or False?
6. According to the article, what is one of the reasons that teens skip breakfast? _____ .
7. Breakfast eaters actually eat _____ calories and weigh less than those who skip breakfast.
8. What are 3 health problems that breakfast eaters have a lower risk of developing? 1. _____ 2. _____
3. _____ .
9. According to the article, the benefits of breakfast go beyond a better body. What are 5 benefits? _____

10. Grabbing a candy bar from the vending machine or eating a donut at school may provide a quick fix, but how ultimately will you end up feeling? (list 3) _____.

11. Complex carbohydrates such as oatmeal & whole grain cereal provide a slower, steadier rise in blood sugar. How would that affect someone? (list 2 ways) _____.

12. According to the article, protein helps boost brainpower. What are 4 foods where protein can be found? (list 4 examples) _____.

13. A healthy breakfast is BIG and should include about how many calories? _____ to _____.

14. An ideal breakfast has a mix of what 3 things? (list 3)
_____, _____, and _____.

15. Give an example of a big breakfast that includes both protein and complex carbohydrates _____.

16. When you are pressed for time, what are 3 good options for breakfast? (list 3 examples) _____, _____, & _____.

17. What were 2 examples of foods that could be eaten for breakfast that are not typically considered breakfast? (list 2) _____, _____.

18. If you are not hungry in the morning what can you do? _____.

19. What did you eat for breakfast today? (list both food and beverages)