

# The Best Way to Start the Day

Studies have repeatedly shown that people who skip breakfast are at an increased risk of being overweight. This is because skipping breakfast can slow a person's metabolism, which contributes to weight gain. Skipping breakfast is the leading bad food habit for teenagers. According to the American Dietetic Association, more than half of male teens and more than two-thirds of female teens do not eat breakfast on a regular basis.



Generally, health professionals recommend that we eat a healthy breakfast consisting of protein, whole grains, and fruits that totals about one-third of our daily caloric intake. A healthy breakfast should be high in fibre and low in fat. This can include wholemeal bread, wholegrain or high fibre cereals and fruit. Ready to eat breakfast cereals are convenient for busy families in the morning. The milk used in cereals is also an important source of protein and many are fortified with added vitamin D, folic acid and other nutrients.

No matter what is on the menu, research shows that breakfast is always a very important meal. Children who eat breakfast perform better academically and also behave better. Researchers found that the children who ate breakfast functioned intellectually at almost a grade level higher than those who did not, and were less likely to fall asleep at their desks or disrupt class because of hunger. The same goes for adults. Eating breakfast improves the ability to concentrate, reduces the risk of heart disease, improves weight control, and increases strength and energy.

## 1. Answer T (true), F (false) or NS (not stated) and correct the false statements.

- |   | T                        | F                        | NS                       |
|---|--------------------------|--------------------------|--------------------------|
| 1. If you want to lose weight, you should skip breakfast.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Teenagers' food habits are very good.                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Portuguese teenagers rarely skip breakfast.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Eating breakfast is as important for children as for adults.             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. When you are in a hurry, eating breakfast cereals is a good choice.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Skipping breakfast regularly is more common in American girls than boys. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |