

**Get Going with Breakfast!**

Questions

1. Identify the main idea of the passage.

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2. Why is it important to eat a healthy breakfast every day?

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3. What makes a breakfast balanced?

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4. If you skip breakfast, how may it affect the way you feel? Tell 6 things that could happen to you.

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5. If you only eat 3 foods for breakfast, what 3 food groups would give you a balanced breakfast?

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