

Primary Worksheets: Breakfast



Breakfast is the most important meal of the day. People who tend to eat a healthier breakfast are more likely to have more energy and a healthier lifestyle.

Our bodies need to be refueled for the day ahead. When we sleep, our bodies go without food for up to 8 to 12 hours.

Our moods and energy levels can drop if we don't have a good breakfast. Those who don't have a breakfast are more likely to be overweight!

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Breakfast kick-starts the body's metabolism, a process which converts food into energy.

What we eat is important. We need to choose foods that are rich in whole grains, fiber, and protein to help improve our concentration and memory.

We need to have a breakfast with nutrients like fiber and calcium to improve our health. A good breakfast will make us less ill.



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We should try to have a balanced breakfast that includes some carbohydrates, protein, and fiber.

Carbs are a good source of immediate energy for the body. Energy from protein tends to kick in after the carbs are used up.

Fiber helps provide a feeling of fullness and, therefore, discourages overeating. And when combined with healthy drinks, fiber helps move food through the digestive system, preventing constipation and lowering cholesterol.

Good sources of these nutrients include:

- carbohydrates: whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetables
- protein: low-fat or nonfat dairy products, lean meats, eggs, nuts (including nut butters), seeds, and cooked dried beans
- fiber: whole-grain breads, waffles, and cereals; brown rice, bran, and other grains; fruits, vegetables, beans, and nuts



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What do you eat for breakfast?

What not to serve for breakfast is important too. Many breakfasts have no more nutritional value than a candy bar and are high in sugar and calories.

Read the nutrition labels carefully before you toss these breakfast bars and pastries into your shopping cart.



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Answer the questions.

What did you eat for breakfast?

What foods should we choose?

Why are carbs good for us?

