

Get Going with Breakfast!

Questions

1. Identify the main idea of the passage.

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

3. What makes a breakfast balanced?

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

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

Text Type: Informational
Lexile Level: 770L

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