



The Case for Breakfast

Review Questions

1. Why aren't sugary cereals, donuts, and soda good choices for breakfast?
2. What are two good complex carbohydrate choices for breakfast?
3. What are the three A's of breakfast that impact performance?
4. Why do breakfast skippers tend to gain more weight?
5. What does weight gain increase the risk of?



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6. What foods should we avoid at breakfast time?
7. What ingredient shouldn't be listed as one of the first three ingredients when choosing a cereal?
8. Why should you choose fruit over fruit juice?
9. What are the 3 most common excuses for skipping breakfast?
10. What can you do if you don't have time for breakfast?
11. *LIST THE MOST EYE-CATCHING FACT YOU LEARNED ABOUT BREAKFAST TODAY THAT YOU DID NOT KNOW BEFORE:*