

# wellness

## Myths & Facts

Breakfast is the most misunderstood meal. All kinds of negative rumors about it may prompt you to skip what's actually the most important meal of the day. You've probably heard these myths. Make sure you know the true facts!

**MYTH:** *I'll lose weight if I don't eat breakfast.*

**FACT:** *An empty stomach soon craves to be filled. Those who have skipped breakfast often consume extra calories later in the day to make up for an empty feeling that would have been curbed by a few bites.*

**MYTH:** *My stomach can't handle food in the morning.*

**FACT:** *Your body is used to being woken up in spicy, heavy foods, but it can handle—and really wants—cereal, toast, eggs, and/or some fruit.*

**MYTH:** *Breakfast will make me hungry later.*

**FACT:** *You'll get hungry later in the day with or without breakfast. Eating doesn't make you hungry. An empty stomach does!*

**MYTH:** *Breakfast will put me to sleep in class.*

**FACT:** *Eating too much, especially at lunchtime, can make you sleepy. But energizing breakfast foods perk you up and fuel your body for the morning's activities.*

**MYTH:** *Breakfast can't be that important.*

**FACT:** *Skipping morning nutrition can affect your ability to focus and learn and leave you listless.*

## BREAKFAST

### What's on the World's Menu?

From light fare to full hot meals, here's a sampling of what's often served for breakfast around the globe:

ALGERIA: French bread

ARGENTINA: Ham and cheese tostados

AUSTRALIA: Eggs, sausage and tomatoes

BULGARIA: Yogurt

CHINA: Rice dumpling

ITALY: Bread and jam

JAPAN: Rice and seafood

NETHERLANDS: Poached eggs, green herring

NETHERLANDS: Fried rice, eggs

RUSSIA: Black bread, sausage

SCOTLAND: Oatcakes, scones

SPAIN: Roll with butter and jam

TURKEY: White cheese, tomatoes, black olives, bread

WALES: Laverbread seaweed and cockles

### What's on Your Menu?

This morning I ate \_\_\_\_\_.

Tomorrow, I'm going to eat \_\_\_\_\_.

My favorite weekday breakfast is \_\_\_\_\_.

My favorite weekend breakfast is \_\_\_\_\_.

REVIEW ONLY

School Date Books

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