

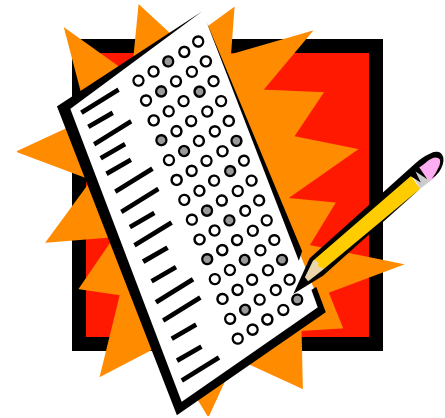


Why is breakfast important?

It helps you concentrate

It gives you energy

It helps you do better on tests



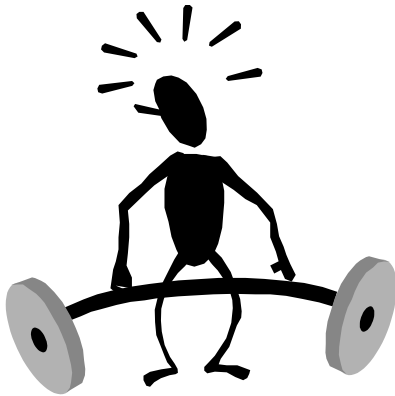


What happens when you skip breakfast?

You may feel weak.

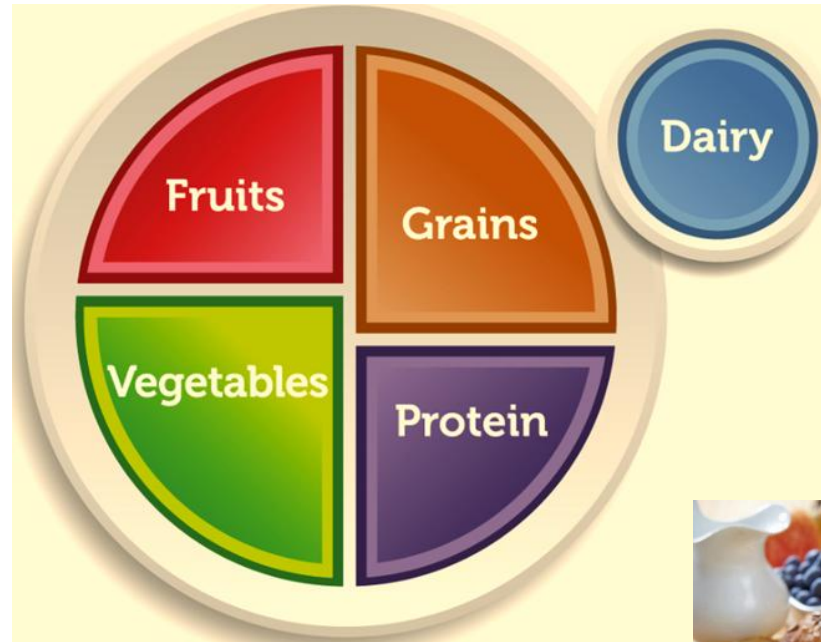
You may have a hard time concentrating.

You may get a headache.





What's in a healthy breakfast?





What foods may slow you down?

Sugary foods

Foods high in unhealthy fats



Photo courtesy of Sam Love



Breakfast #1





Breakfast #2





Breakfast #3

