Why is breakfast important?

- It helps you concentrate
- It gives you energy
- It helps you do better on tests

Revised April 2014
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