Review

Directions: After watching “Breakfast Because” answer the following questions.

It’s the Smart Way to Start Your Day
1. On average, how many more pounds do breakfast skippers weigh than teens that eat breakfast regularly?

2. While any breakfast is better than no breakfast, your best bet is a breakfast that has _____________________________.

3. What are some healthy breakfast options at fast food restaurants?

Your Performance Depends On It
4. Why aren’t a cola and a donut the best breakfast choice?

5. What happens to your body if you eat sugary, high fat foods for breakfast?

6. What benefits does eating a healthy, balanced breakfast give you?
**You Win With Breakfast**

7. When comparing breakfast cereals, what kind of cereal is shown to help you do better on tests?

8. What are some quick, healthy breakfasts you can eat on the go?

9. Waffles, muffins, tortillas, bread, and cereal should be made from_______________, which are more nutritious than processed white flour.

10. Choose ________________ varieties of milk, cheese, and yogurt.

**It’s in the Fine Print**

11. What percentage of teens who eat breakfast choose ready-to-eat cereal?
   __________% 

12. If you eat two cups of cereal and the serving size is ½ cup, you need to multiply all the numbers on the Nutrition Facts label by _________.

13. Why should you avoid trans fats?

14. In what order are ingredients listed on a food label?
Review

Directions: After watching “Breakfast Because” answer the following questions.

It’s the Smart Way to Start Your Day
1. On average, how many more pounds do breakfast skippers weigh than teens that eat breakfast regularly?
   5 pounds

2. While any breakfast is better than no breakfast, your best bet is a breakfast that has a mix of foods from the food pyramid.

3. What are some healthy breakfast options at fast food restaurants?
   English muffin egg sandwich
   Fruit and yogurt with granola
   Low fat muffin
   Apple slices
   Bagel with low-fat cream cheese
   Orange juice
   Milk

Your Performance Depends On It
4. Why aren’t a cola and a donut the best breakfast choice?
   It causes a spike in blood sugar that doesn’t last

5. What happens to your body if you eat sugary, high fat foods for breakfast?
   Your blood sugar drops and you’ll feel famished, cranky, and light-headed
6. What benefits does eating a healthy, balanced breakfast give you?
   - Better concentration
   - Better problem-solving abilities
   - Improved hand-eye coordination
   - Better mood
   - Less hunger
   - Healthy body weight

**You Win With Breakfast**

7. When comparing breakfast cereals, what kind of cereal is shown to help you do better on tests?
   - Low-sugar, high fiber breakfast cereal

8. What are some quick, healthy breakfasts you can eat on the go?
   - Instant oatmeal with raisins
   - Hardboiled egg and grapes
   - Handful of walnuts and an orange
   - Cold pizza and orange juice
   - Granola bar and cheese stick

9. Waffles, muffins, tortillas, bread, and cereal should be made from **whole grains**, which are more nutritious than processed white flour.

10. Choose **low fat** varieties of milk, cheese, and yogurt.

**It’s in the Fine Print**

11. What percentage of teens who eat breakfast choose ready-to-eat cereal?
    - 38%

12. If you eat two cups of cereal and the serving size is ½ cup, you need to multiply all the numbers on the Nutrition Facts label by **4**.

13. Why should you avoid trans fats?
    - They raise your bad cholesterol and lower your good cholesterol

14. In what order are ingredients listed on a food label?
    - Listed in order of amounts, with the first ingredient making up the largest percentage of the ingredients