Comprehension Answer Key for "Breakfast is a Bright Idea"

1.   Name at least 3 benefits to eating breakfast in the morning.

> *All these reasons were listed in the article.*
>
> *You may come up with more.*
>
> *-Better classroom performance*
>
> *-Better test scores*
>
> *-Better short-term memory*
>
> *-Better spatial memory (that helps with drawing and doing puzzles)*
>
> *-Better listening skills*
>
> *-Helps you pay attention better*
>
> *-Helps you keep your appetite under control the whole day so you don't snack on junk food*

2.   The article mentioned a research study using 60 students. What were the 2 different breakfast foods they served for the study? Which breakfast helped the students do better on the tests they took?

> *The two foods mentioned: 1. Oatmeal   2. Cap'n Crunch*
> *The better breakfast: Oatmeal*

3.   The article mentioned 2 different toppings you could put on your oatmeal. What were they, and can you think of anything else you could use as a healthy topping?

> *The article mentioned fruit and slivered nuts. There are lots of great toppings you can add. Try to think of healthy options.*

4.   According to the article, what 3 components should be part of a healthy breakfast?

> *1.   Protein – Usually when we think of protein we think of meat like chicken, beef, turkey, and pork. Don't forget other animal products like milk (or any other dairy products) and eggs. Additionally, for those that follow a vegetarian diet you can get protein from some plant products as well. For instance nuts and beans*

are great sources of protein. We need protein for building muscle and to help make and repair body tissues. Protein is also great because it helps fill us up so we don't get hungry right away.

*2.	Complex Carbohydrates - complex carbohydrate foods provide vitamins, minerals, and fiber that are important to the health of an individual. The majority of carbohydrates should come from complex carbohydrates (starches) and naturally occurring sugars, rather than the processed or refined sugars, which do not have the vitamins, minerals and fiber found in complex and natural carbohydrates. Refined sugars are often called "empty calories" because they have little or no nutritional value. Examples of complex carbohydrates are: breads, legumes, rice, pasta and starchy vegetables.*

*3.	Fiber – Fiber helps keep our digestive tract healthy and may help prevent colon cancer. Fiber is also important for heart health because it helps lower blood cholesterol levels. Most complex carbohydrates will contain fiber. Foods that contain fiber are: grain, products such as pasta, rice, cereal, and breads that are made from whole grains. (Make sure you check the ingredient list. The first ingredient should say whole grain in order to get the most nutrition. The food should also contain dietary fiber). Other foods that have fiber are whole fruits (not juices) vegetables and beans.*

4.	Circle the foods below that contain protein.

Broccoli Eggs Whole grain toast Strawberries Low fat milk Peanut butter

5.	Circle the foods below that are high in fiber.

Beans Eggs Whole grain toast Strawberries Low fat milk Peanut butter

6.	Using the information from the article and your current knowledge, create a healthy breakfast menu that YOU would use at home in the space below. Try to use at least three food groups.

Answers may vary. Encourage students to incorporate at least three food groups.