



## Comprehension Questions for “Breakfast is a Bright Idea”

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

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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:* \_\_\_\_\_

*The better breakfast:* \_\_\_\_\_

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?

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

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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.

*Broccoli 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.

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