**Breakfast: The most important meal of the day!**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_ Pd.\_\_\_\_\_\_**

Breakfast should provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, Vitamin \_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

It should also provide\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for energy, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_to help you feel full, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grains for \_\_\_\_\_\_\_\_\_\_\_\_\_.

Breakfast should be \_\_\_\_\_\_\_\_\_in fats, \_\_\_\_\_\_\_\_\_\_in fiber to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_the mid-morning \_\_\_\_\_\_\_\_\_\_\_\_\_. This slump is characterized by: 1.

2.

3.

4.

Skipping breakfast can make you feel\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_.

Grabbing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ or a \_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_ can help boost your \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Eating breakfast can \_\_\_\_\_\_\_\_\_\_\_\_\_\_the likelihood of getting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and helps maintain

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**PROTEIN:**

1.

2.

3.

**SOURCES**:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Good choices for breakfast:**

1.

2.

3.

4.

4

**IRON:**

1. 2.

**SOURCES:**

**FIBER:**

A term for \_\_\_\_\_ \_\_\_\_\_\_ of \_\_\_\_\_\_\_\_ foods the body \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.

**SOURCES:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_.

Fiber is \_\_\_\_\_\_\_ absorbed by \_\_\_\_\_ \_\_\_\_\_\_\_\_, it has a wide variety of health benefits, which include:

1.

2.

3.

**CALCIUM:**

Is well known for its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_ health. It also helps with the \_\_\_\_\_\_\_\_\_\_\_of the \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ function. Because of its health benefits, \_\_\_\_\_\_\_ is one of the best \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**SOURCES:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_like \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.

**Explain the connection between METABOLISM and DIABETES:**

**Metabolism:**

**Diabetes:**

**VITAMIN C:**

This vitamin is a \_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_vitamin that is \_\_\_\_\_\_\_\_\_\_\_present in some foods, \_\_\_\_\_\_\_to others and available as a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_acid is another name for this vitamin. It is needed to \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_in bones, \_\_\_\_\_\_\_\_\_\_\_\_\_, muscle, and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

**SOURCES:**

1. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ foods.

**VITAMIN A:**

A \_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_vitamin that is \_\_\_\_\_\_\_\_\_\_\_\_present in many foods. It is important for \_\_\_\_\_\_\_\_\_\_\_\_, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

This vitamin also helps the \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ work properly.

**SOURCES:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and\_\_\_\_\_\_\_\_vegetables

2.\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.