

# MY HEALTHY BREAKFAST

I am on a healthy eating programme because I have high blood pressure. A tasty, healthy breakfast is good because it gets your day off to a great start. Every morning, I have fruit and yogurt to start with. I buy a pack of frozen summer fruits. The pack contains strawberries, raspberries, blueberries, blackberries, black cherries, redcurrants and blackcurrants. I don't like blackcurrants so I take them out and my husband eats them. Sometimes I mix the summer fruits with jelly. I put it into a dish and top it with the yogurt, good Greek yogurt. After that, I have two pieces of wholemeal toast with butter (just a bit of butter), with tomatoes and two eggs. I prefer tinned tomatoes and poached eggs. Afterwards, I have a nice milky coffee. Last week, I took a photo of my breakfast and put it on facebook. I waited for likes and loves and positive comments. My husband's aunty gave me 'wow' and wrote this: 'Wow Julia, how do you eat all that, first thing? I have one piece of toast and a cuppa. My blood pressure is fine, by the way.' **By Julia**



Are the sentences true or false? Correct the false ones:

1. Julia has low blood pressure. **T/F** **high**
2. She thinks a tasty, healthy breakfast is a good idea. **T/F**
3. Every morning, she has bacon and sausage on her toast. **T/F**
4. Her son eats the blackcurrants. **T/F**
5. Sometimes, she mixes the summer fruits with apple juice. **T/F**
6. She has two pieces of wholemeal toast, with no butter. **T/F**
7. She likes tinned tomatoes best. **T/F**
8. She prefers fried eggs. **T/F**
9. Her husband's aunty could never eat all that! **T/F**



Answer the following questions in full sentences:

- a. Why is Julia on a healthy eating programme? \_\_\_\_\_
- b. What gets her day off to a great start? \_\_\_\_\_
- c. Which berries does she not like? \_\_\_\_\_
- d. Who eats them? \_\_\_\_\_
- e. Where does she put her yogurt? \_\_\_\_\_
- f. When does she have the toast, tomatoes and eggs? \_\_\_\_\_
- g. How does she prefer her eggs? \_\_\_\_\_
- h. What does she drink after her breakfast? \_\_\_\_\_
- i. Where did she post the photo? \_\_\_\_\_
- j. Who made a comment on her post? \_\_\_\_\_

What do you think of Julia's breakfast? What do you have for breakfast?

# Protein Breakfast Reading Comprehension This Month

**Mocktime Publication**



## **Protein Breakfast Reading Comprehension This Month:**

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**Improving Reading Comprehension Skills** John Langan,Harley F. Anton,Carol H. Bader,1992 **Reading Research Quarterly** ,1975 *Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed* Roberta Larson Duyff,2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life At once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don ts it allows readers to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues

Harper's New Monthly Magazine Henry Mills Alden,Frederick Lewis Allen,Lee Foster Hartman,Thomas Bucklin Wells,1872 Important American periodical dating back to 1850

**Annual Editions: Early Childhood Education 09/10** Karen Menke Paciorek,2009-02-19 Annual Editions is a series of over 65 volumes each designed to provide convenient inexpensive access to a wide range of current articles from

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Carolyn H. Fitzpatrick,Marybeth B. Ruscica,1997



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