

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 Week

**United States. Congress. Senate.
Select Committee on Nutrition and
Human Needs**



Protein Breakfast Reading Comprehension This Week:

Holistically healthy humans: championing mental and physical wellbeing in education Michelle Jayman, Anthea Rose, Jonathan Glazzard, Aimee Quickfall, 2025-12-03 Public health data shows that addressing the global mental health crisis is more challenging in the post pandemic environment. The poorest children are four times more likely to experience difficulties than their wealthiest counterparts. Crucially, health does not operate at a singular level; mental and physical health are inextricably linked. Our physical body depends on our mental state and vice versa, and improvement or decline in one area can trigger improvement or decline in the other. For example, many mental health difficulties and the associated stress they cause can disrupt sleep, which is harmful to physical health over time. Therefore, it is vital to understand and engage with health and wellbeing from a holistic perspective. Clearly, a better understanding of the relationship between mind and body is imperative to help researchers, practitioners, and policymakers tackle co-existing conditions, support those experiencing difficulties, and promote universal healthy behaviours to ameliorate the current crisis. This Research Topic aims to explore the bi-directional relationship between mental and physical health and ways of developing holistic wellbeing and healthy lifestyle practices. The benefit of physical activity on the mental wellbeing of children and young people is strongly supported. Numerous psychological effects, including on self-esteem, cognitive function, mood, depression, and quality of life, have been shown, and the body and brain are both extremely responsive to change. Exercise can enhance mood and self-esteem while decreasing stress levels. Pertinently, stronger effects were found when participation in physical activity occurred in a school-based setting. Conversely, poor physical health significantly increases the risk of mental health difficulties, often accompanied with physical symptoms such as headaches and poor sleep. This Research Topic will provide a wide-reaching forum to present the latest research evidence on the essential components of wellbeing under one holistic lens. Furthermore, by adopting a health promotion and prevention framework, it aims to offer pathways from research to practice for schools, colleges, and universities. Specifically, by providing practical solutions for adaptation and implementation at a local level. Thus, this Research Topic encourages the universal adoption of evidence-based best practices and the championing of holistic wellbeing approaches across diverse education settings. This Research Topic is broad in scope with its commitment to exploring wellbeing in education from a holistic lens and the parity of esteem between mental and physical health. Mental and physical health themes and integrated approaches are equally relevant contributions. Health topics include nutrition; poor diet may be a causal factor in the experience of low mood, and improving diet may help to protect not only physical health but mental health too. With a key focus on prevention and promotion and support systems and interventions in educational settings, articles featuring primary research on modifiable factors such as diet, exercise, and psychosocial interventions are welcomed. Other pertinent topics may include integration of physical and mental health services, support vulnerable groups, and inequalities in health, addressing access barriers and treatment gaps, harnessing digital health technologies, training across

physical and mental health support in schools and other educational settings and integrating holistic wellbeing into daily life
Policy and review manuscripts are also of interest

Special Summer Project: an Evaluation. Supplemental Food Program Expanded Nutrition Education Program Prepared by ...1969 United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1969 *Special Summer Project, an Evaluation; Supplemental Food Program, Special Food Service Program, Expanded Nutrition Education (nutrition Aides) Program* United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1969

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GED Test For Dummies Murray Shukyn,Dale E. Shuttlesworth,Achim K. Krull,2014-09-02 Presents subject review full length practice tests with answer explanations and test taking strategies to help readers prepare for and score higher on the high school equivalency test

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Improving Reading Comprehension Skills John Langan,Harley F. Anton,Carol H. Bader,1992 2023-24 SSC *General English Solved Papers* YCT Expert Team , 2023 24 SSC General English Solved Papers *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 **The Outlook** ,2002 **Get Ready! For Standardized Tests : Math Grade 2** Kristin B. Swanson,Carol Turkington,2001-07-05 One of the areas of study students find most difficult to master and are most fearful of is math Yet the core math skills acquired in the first four years of school form the basis of

all future academic success Get Ready for Standardized Tests the first and only grade specific test prep series now features hands on guidance on helping kids master the all important basic math skills while arming parents with the tools they need to help their children succeed **Healthy Life and Hydropathic News** ,1883 *Healthy Eating for Families* Rosemary Stanton,2007 This text contains over 170 delicious and nutritious recipes ranging from breakfast soups starters light meals salads and vegetables pasta and noodles seafood dishes mains with meat and chicken deserts and sweet treats through to baking *Reading Passages* Carolyn H. Fitzpatrick,Marybeth B. Ruscica,1997

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