

Breakfast Around the World

Follow the directions to answer the questions below.

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1. What is the theme or central idea of this article? Cite evidence from the article to support your answer.

2. What are three qualities of a balanced breakfast? Cite evidence from the article to support your answer.

1. _____

2. _____

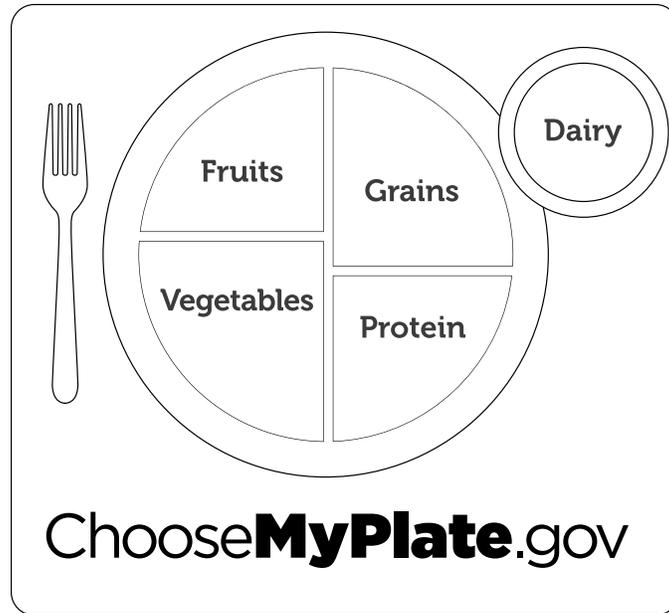
3. _____

3. What are two benefits of eating a balanced breakfast? Cite evidence from the article to support your answer.

1. _____

2. _____

4. Your friend is looking for ideas for balanced breakfasts. Create an example of a balanced breakfast using MyPlate as a guide. Include foods from at least three food groups.



5. Your friend says they don't like to eat breakfast. How would you convince them to try eating a balanced breakfast?

6. What does the word “custom” mean in this sentence from page 1: “Most countries around the world have breakfast customs”?

7. Which breakfast from around the world do you prefer? How could you include foods from this example in your breakfasts in the future?

8. What does the word “culture” mean in this sentence from page 3: “People from cultures around the world eat breakfast”?

9. A place’s culture affects what people eat there. Think about where you live or where your family is from. Describe one food from your culture. Why is this food important in your culture?

