

# ▶▶▶ THE BREAKFAST EFFECT ▶▶▶

Read the passage then circle whether the facts below are TRUE or FALSE.

Dominos were invented in China during the 12th century. In the 1700's, the game made its way to Italy before spreading throughout the world. To play, tiles are laid flat and matched end to end to other tiles with the same number of spots. Tiles can also be stood up to create patterns and then knocked down for entertainment. This is known as the "domino effect".

The term "domino effect" is used to describe a chain reaction. Skipping breakfast can create a domino effect in your body. Without breakfast you may feel hungry, which may cause a stomach ache, and lead to poor performance in school or activities! Eating breakfast gives your body and brain the energy and nutrients it needs to start your day.

More Americans skip breakfast than any other meal. Breakfast means to break a fast, or in other words, eating for the first time after a long stretch of not eating. Cereal is a great breakfast option if it has 3 grams of fiber and less than 7 grams of sugar per serving. Cheerios are one example of a cereal like this. Honey Nut Cheerios are a beloved cereal but did you know the first flavor of Cheerios was actually Cinnamon Nut?

- |  |      |       |
|--|------|-------|
| 1. Honey Nut was the first flavored version of Cheerios.   | TRUE | FALSE |
| 2. Dominos were invented in China in the 12th century.     | TRUE | FALSE |
| 3. In the US, breakfast is the most commonly skipped meal. | TRUE | FALSE |
| 4. Breakfast means taking a drink when you are thirsty.    | TRUE | FALSE |
| 5. Cereal should have less than 7 grams of sugar.          | TRUE | FALSE |



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TRUE

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