



breakfast BECAUSE!



Name: _____

Class: _____

VIDEO WORKSHEET

Review

Directions: After watching "Breakfast Because" answer the following questions.

It's the Smart Way to Start Your Day

1. On average, how many more pounds do breakfast skippers weigh than teens that eat breakfast regularly?
2. While any breakfast is better than no breakfast, your best bet is a breakfast that has _____.
3. What are some healthy breakfast options at fast food restaurants?

Your Performance Depends On It

4. Why aren't a cola and a donut the best breakfast choice?
5. What happens to your body if you eat sugary, high fat foods for breakfast?
6. What benefits does eating a healthy, balanced breakfast give you?

You Win With Breakfast

7. When comparing breakfast cereals, what kind of cereal is shown to help you do better on tests?

8. What are some quick, healthy breakfasts you can eat on the go?

9. Waffles, muffins, tortillas, bread, and cereal should be made from _____, which are more nutritious than processed white flour.

10. Choose _____ varieties of milk, cheese, and yogurt.

It's in the Fine Print

11. What percentage of teens who eat breakfast choose ready-to-eat cereal?
_____ %

12. If you eat two cups of cereal and the serving size is $\frac{1}{2}$ cup, you need to multiply all the numbers on the Nutrition Facts label by _____.

13. Why should you avoid trans fats?

14. In what order are ingredients listed on a food label?



breakfast BECAUSE!

Name: _____

Hour: _____

TEACHER'S KEY

Review

Directions: After watching "Breakfast Because" answer the following questions.

It's the Smart Way to Start Your Day

1. On average, how many more pounds do breakfast skippers weigh than teens that eat breakfast regularly?
5 pounds
2. While any breakfast is better than no breakfast, your best bet is a breakfast that has *a mix of foods from the food pyramid.*
3. What are some healthy breakfast options at fast food restaurants?
English muffin egg sandwich
Fruit and yogurt with granola
Low fat muffin
Apple slices
Bagel with low-fat cream cheese
Orange juice
Milk

Your Performance Depends On It

4. Why aren't a cola and a donut the best breakfast choice?
It causes a spike in blood sugar that doesn't last
5. What happens to your body if you eat sugary, high fat foods for breakfast?
Your blood sugar drops and you'll feel famished, cranky, and light-headed

6. What benefits does eating a healthy, balanced breakfast give you?

Better concentration

Better problem-solving abilities

Improved hand-eye coordination

Better mood

Less hunger

Healthy body weight

You Win With Breakfast

7. When comparing breakfast cereals, what kind of cereal is shown to help you do better on tests?

Low-sugar, high fiber breakfast cereal

8. What are some quick, healthy breakfasts you can eat on the go?

Instant oatmeal with raisins

Hardboiled egg and grapes

Handful of walnuts and an orange

Cold pizza and orange juice

Granola bar and cheese stick

9. Waffles, muffins, tortillas, bread, and cereal should be made from whole grains, which are more nutritious than processed white flour.

10. Choose low fat varieties of milk, cheese, and yogurt.

It's in the Fine Print

11. What percentage of teens who eat breakfast choose ready-to-eat cereal?

38%

12. If you eat two cups of cereal and the serving size is $\frac{1}{2}$ cup, you need to multiply all the numbers on the Nutrition Facts label by 4.

13. Why should you avoid trans fats?

They raise your bad cholesterol and lower your good cholesterol

14. In what order are ingredients listed on a food label?

Listed in order of amounts, with the first ingredient making up the largest percentage of the ingredients