

## Eat Your Breakfast!

A

Just like bears, humans hibernate. While bears hibernate and rest all winter, humans only hibernate when they sleep at night. What is the first thing bears do when they wake up from their long sleep? They look for food. They need food and they need it fast.

B

If you were to go all day without eating, you would feel famished and hungry, right? When you are asleep and your body is resting you don't think about your body not getting food. However, if you eat dinner at six o'clock at night and don't eat again until 6 o'clock the next morning, that is 12 hours without food. That is a long time! Your body needs that food when you wake up.

C

Sometimes it is easy to forget to eat breakfast when you are rushing to get ready for school. But, it is important to make time to feed your body in the morning. Just like a car cannot go without gas, your body cannot go without food. Food is like gas for the body. If you don't give your body food, you don't have enough energy to do what you need!

D

Scientists have found out that breakfast charges your body in the morning. It gives you energy to get through all those classes before the lunch bell rings. More energy means more strength to play and have fun too! The vitamins in your milk and cereal or eggs and juice are helpful. They let you focus for longer periods of time. This helps you spend more time on learning.

E


It looks like the first meal of the day actually makes you stronger and more ready to learn. Those sound like very good reasons to eat your breakfast every day!


RI.3

1. Write one WORD that describes the main idea of the text: \_\_\_\_\_

2 Write a sentence that tells the main idea of the text.

Complete Sentences | Cite the Evidence | Restate the Question

3.  Color in a key detail that supports the main idea of the text.  
Explain in your own words how this detail supports the main idea.

4.  Color in a key detail that supports the main idea of the text.  
Explain in your own words how this detail supports the main idea.

RI.3.0

5. Write one WORD to summarize the following paragraphs:

B. \_\_\_\_\_ C. \_\_\_\_\_

D. \_\_\_\_\_ E. \_\_\_\_\_

6. Summarize why breakfast is important.

Complete Sentences | Cite the Evidence | Restate the Question

RI.3.1

7. Write three questions where the answer could be found in the text. Then find the answer to your question and color it.

1. \_\_\_\_\_

Color the answer to your question



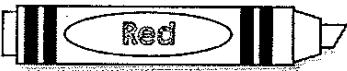
2. \_\_\_\_\_

Color the answer to your question



3. \_\_\_\_\_

Color the answer to your question




RI.3.4

8. Find the underlined word, famished in the text. Use the context clues to explain what this word means. Circle the words in the text that are a clue to the meaning of the word.

\_\_\_\_\_

\_\_\_\_\_

RI.3.6

9.  Color the sentences in the text where the author shares their opinion or point of view about the importance of eating breakfast.

10. Describe the author's point of view.

11. What is your opinion, or point of view about the importance of eating breakfast?

12. How is your point of view different or the same as the author's point of view?