

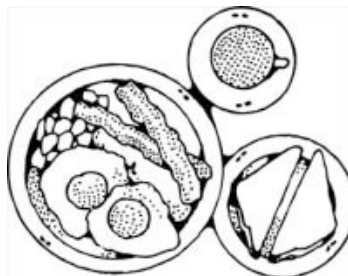
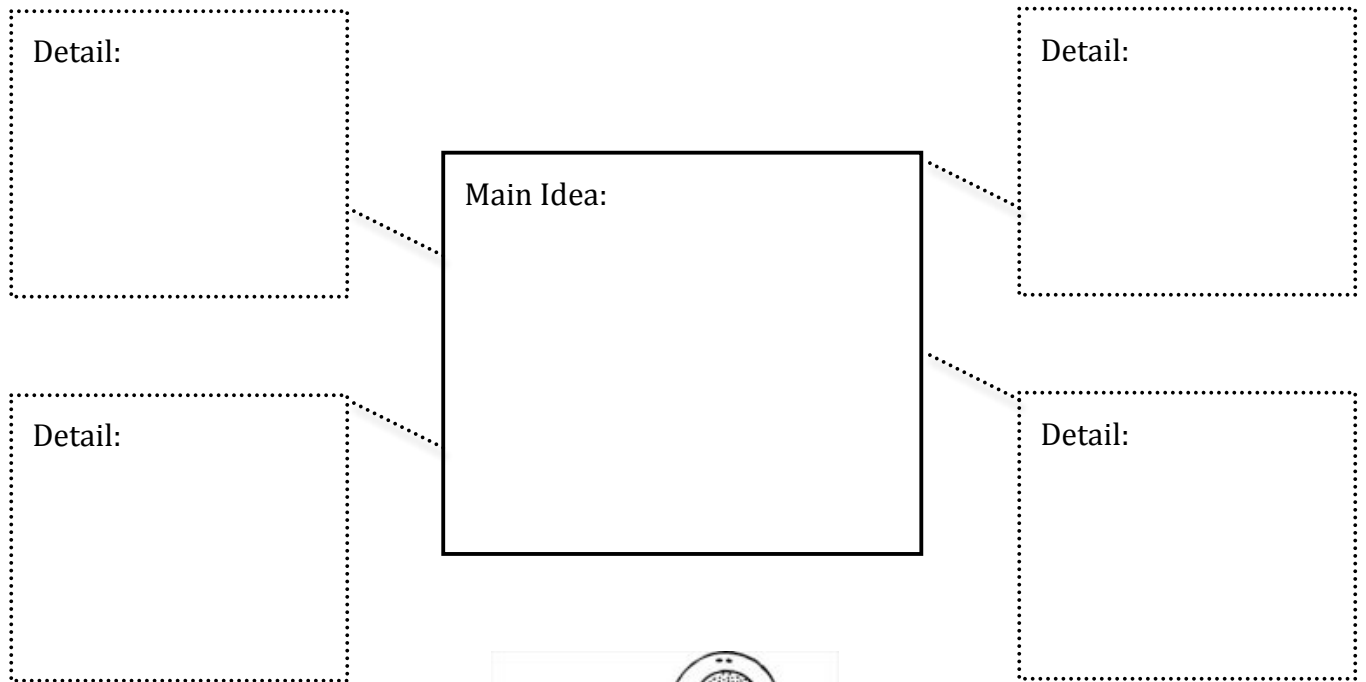
Name _____

Date _____

Main Idea Puzzler

Title: _____

Do you eat breakfast every day? Researchers have found that people who eat a balanced breakfast are likely to be healthier than those who don't. One reason is that most people eat whole grains at breakfast, and these promote good health. Breakfast also tend to have fewer weight problems than those who skip the meal. People who don't eat breakfast usually eat too much later in the day. Often, these foods are not healthy and can cause weight gain problems. So, be sure to eat breakfast. It is the most important meal of the day.



Name _____

Date _____

Answer the multiple choice questions below using the passage above.

1) The main idea of the passage is

- (a) Breakfast is the most important meal
- (b) Skipping breakfast makes you hungry
- (c) Breakfast is a delicious meal
- (d) Breakfast eaters have fewer weight problems

2) One detail from the passage is

- (a) People eat too much at lunch
- (b) No one has time to eat breakfast these days
- (c) Only very healthy people eat breakfast
- (d) Whole grains at breakfast help you stay healthy

3) The author most likely wrote this passage to

- (a) tell a story about skipping breakfast
- (b) persuade people to eat breakfast
- (c) describe a healthy breakfast she once ate
- (d) tell you how to cook a healthy breakfast