

Read the statements about infographics and mark (T) true or (F) false.

- (T) The images help with the comprehension of the text.
- (F) It takes longer to read an infographic than a regular text.
- (F) It is a complete text about a topic.
- (T) It is quicker to find specific information.
- (F) This type of text is only for kids, not for adults.
- (T) The information is well organized.

Go back to the text and quickly find the following information:

- a) How many food groups are represented? Which are they? **5 groups (Fruits, vegetables, protein foods, milk (dairy), and grains.**
- b) The food group that supplies calcium and vitamin D to your body is **_milk (dairy)_**
- c) Eggs, nuts and meats are **__protein foods__**
- d) What do studies say about kids and teens eating breakfast? **Kids do better in school when they eat breakfast.**
- e) Why are school breakfasts a good option for families? **It saves time. / School breakfast can simplify mornings for families.**

What about you?

- What do you usually eat for breakfast? *Personal answer (bread, coffee, milk, tapioca, ham and cheese sandwich, banana smoothie, etc.)*
 - Do you agree with "breakfast is the most important meal of the day"? Why? Why not? *Personal answer (Yes, because you can start the day and get some nutrition to keep you going. or No. You will have the whole day to eat and get proper nutrition.).*
 - Would like to eat breakfast in school? Why? Why not? *Personal answer. (Yes, because it would save me time and I would get a balanced meal. or No. I prefer to eat at home. My mom prepares a good breakfast.).*
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