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建议阅读原文

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Why not eat breakfast? Breakfast is not only the most important meal of the day, it is also the most neglected or skipped. Common reason for not eating breakfast include lack of time, not feeling hungry, traditional dislike for breakfast, and dieting. Breakfast simply means “ break the fast. ” Your body spends at least six to twelve hours each night in a fasting state. In the morning your body needs energy to rev up ( 转动起来 ) into high gear ( 转动装置 ) for 为了 the day ’ s work ahead If you skip breakfast, you are likely to concentrate less effectively in the late morning, feel irritable, short-tempered, tired, or weak. When you choose not to eat breakfast, your body stays in slow gear. Also, people who skip breakfast often binge(无节制地吃)later in the day at other meals or eat a high-calorie snack in the morning. Breakfast eaters tend to eat less fat during the day, have more strength and endurance and better concentration and problem solving ability. Not hungry in the morning? Well, what time was dinner? did you have a large evening snack? A large dinner or a large bedtime snack can cause you to not feel hungry in the morning. It makes sense to eat more in the morning when there is a full day of activity ahead of you. Instead we, tend to have our largest meal in the evening when we are gearing down for sleep. A good breakfast should provide up 1/3 of your total calorie needs for the day. On the average we eat 400 less calories for

breakfast than for dinner. If breakfast doesn't appeal to you in the morning, try eating a lighter dinner earlier in the evening or save half your dinner for breakfast in the morning. If you still aren't hungry in the morning, start with something small like juice or toast or have a nutritious mid-morning snack later when you are hungry. So, you say you're on a diet. Some people fear eating breakfast will make them hungrier during the day and they will eat more. It is true that eating breakfast is likely to make you feel hungry throughout the day. That's because your body is working correctly, you've fuelled your metabolism. Although you may feel as if you are eating more all day long, in reality you are probably not. Also, eating smaller meals frequently throughout the day is another way to keep your internal furnace stocked. Mini-meals, or "grazing," prevent the drop in metabolism that can come when there are long periods between meals. Your body's strategy for food deprivation is to work more efficiently and burn calories more slowly, making it harder to lose weight. Not eating breakfast can also cause you to overeat, since a fall in blood sugar often makes you feel ravenously hungry later. To make matters worse, since your body is in a slowed state it will not be able to burn those extra calories very efficiently. If you feed your body healthy snacks and meals throughout the day, you are less likely to become famished and stuffy yourself as soon as you begin to eat. Since breakfast is the first and most important meal of the day, choosing the right fuel is important. The best breakfast foods are fruits, juice, lean meat, and grain products such as breads, rice, noodles, and cereals. Why not start each day with your metabolism

in high gear, working to fill yourself with energy, build new body cells, help you concentrate effectively and work efficiently, and burn excess fat? In other words, why not eat breakfast? 1. According to the context, the word “ fast ” in the phrase “ break the fast ” in the second paragraph most probably means A. a period of quick actions B. a habit of eating C. a strict rule D. a period of not eating 2. All of the following are likely to happen to a person if he does not have breakfast EXCEPT \_\_\_\_\_. A. he will find it hard to pay close attention to what he is doing B. he will tend to lose his temper C. he will become very talkative D. he will feel the lack of strength 3. All of the following are likely to happen to a person if he does not have breakfast EXCEPT A he will find it hard to pay close attention to what he is doing B he will tend to lose his temper C he will become very talkative D he will feel the lack of strength 4. All of the following are likely to happen to a person if he does not have breakfast EXCEPT A he will find it hard to pay close attention to what he is doing B he will tend to lose his temper C he will become very talkative D he will feel the lack of strength 5. According to the author, which of the following will result from not eating breakfast? A eating more than usual B. losing weight C. burning extra calories more quickly D. developing a healthy eating habit 100Test 下载频道开通 , 各类考试题目直接下载。 详细请访问 [www.100test.com](http://www.100test.com)