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[https://www.100test.com/kao\\_ti2020/646/2021\\_2022\\_2011\\_E8\\_81\\_8C\\_E7\\_A7\\_B0\\_c91\\_646551.htm](https://www.100test.com/kao_ti2020/646/2021_2022_2011_E8_81_8C_E7_A7_B0_c91_646551.htm) Breakfast Studies show that children who eat breakfast do better in school It doesnt take much further thought to believe that adults will feel better and perform better at work as well . Whether you work at home , on the farm , at the office , at school , or on the road , it is not a good idea to skip(故意略去)breakfast . If we dont eat breakfast . we are likely to become fired when our brains and bodies run low on fuel. By midmorning , a lot of us grab a cup of coffee , or wolf down a sugary candy bar to wake up again . This might work for a few minutes , but by lunchtime we are hungry, badtempered , and perhaps our mood might make us a little more likely to make unhealthy choices at lunch . Eating a good breakfast sets the tone for the rest of the day . People who eat breakfast are generally more likely to maintain a healthy weight . Many people believe that they will lose weight if they skip meals , but that isnt a good idea . The body expects to be refueled a few times a day , so start with a healthy breakfast . A healthy breakfast should contain some protein(蛋白质)and some fiber(纤维) . Protein can come from meat , eggs , beans,or soy(大豆) . Fiber can be found in whole cereals(谷物) , grains or in fruits . A good example of a healthy breakfast might be something simple like a hard boiled egg , an orange , and a bowl of whole grain cereal with soy milk . 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)