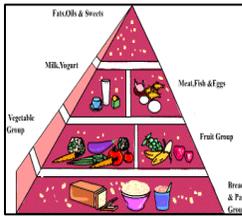


Eating breakfast is important because it helps you to....



To have better nutrition



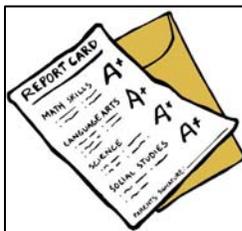
To eat more fiber



To be at a healthy weight



To have a better memory



To have higher test scores and better grades



To have better attendance at school



To be in a better mood