

MY HEALTHY BREAKFAST

I am on a healthy eating programme because I have high blood pressure. A tasty, healthy breakfast is good because it gets your day off to a great start. Every morning, I have fruit and yogurt to start with.



I buy a pack of frozen summer fruits. The pack contains strawberries, raspberries, blueberries, blackberries, black cherries, redcurrants and blackcurrants.

I don't like blackcurrants so I take them out and my husband eats them. Sometimes I mix the summer fruits with jelly. I put it into a dish and top it with the yogurt, good Greek yogurt. After that, I have two pieces of wholemeal toast with butter (just a bit of butter), with tomatoes and two eggs. I prefer tinned tomatoes and poached eggs. Afterwards, I have a nice milky coffee. Last week, I took a photo of my breakfast and put it on facebook. I waited for likes and loves and positive comments. My husband's aunty gave me 'wow' and wrote this: 'Wow Julia, how do you eat all that, first thing? I have one piece of toast and a cuppa. My blood pressure is fine, by the way.' **By Julia**



Are the sentences true or false? Correct the false ones:

1. Julia has low blood pressure. **T/F** **high**
2. She thinks a tasty, healthy breakfast is a good idea. **T/F**
3. Every morning, she has bacon and sausage on her toast. **T/F**
4. Her son eats the blackcurrants. **T/F**
5. Sometimes, she mixes the summer fruits with apple juice. **T/F**
6. She has two pieces of wholemeal toast, with no butter. **T/F**
7. She likes tinned tomatoes best. **T/F**
8. She prefers fried eggs. **T/F**
9. Her husband's aunty could never eat all that! **T/F**



Answer the following questions in full sentences:

- a. Why is Julia on a healthy eating programme? _____
- b. What gets her day off to a great start? _____
- c. Which berries does she not like? _____
- d. Who eats them? _____
- e. Where does she put her yogurt? _____
- f. When does she have the toast, tomatoes and eggs? _____
- g. How does she prefer her eggs? _____
- h. What does she drink after her breakfast? _____
- i. Where did she post the photo? _____
- j. Who made a comment on her post? _____

What do you think of Julia's breakfast? What do you have for breakfast?

Protein Breakfast Reading Comprehension Guide

Aftab S. Hassan, James L. Flowers



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