

## LESSON 1 Have a Good Day with a Good Breakfast

### Part 1

Mr. Smith, Yui's ALT, talks to class.

Did you have breakfast this morning? Many students in this class sometimes (① ) breakfast. Some are busy. Others cannot wake up in time.

In Japan, about 15% of men and 10% of (② ) now skip breakfast. However, breakfast is a very important (③ ).

If you do not have breakfast, you cannot do well at school. You may not remember new words. You may not (④ ) correctly. You may not run fast. Also, you will have health problems in the (⑤ ).

So, what kind of breakfast is good for you?

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解答

- ① skip
- ② women
- ③ meal
- ④ calculate
- ⑤ future