

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 skip breakfast. // Some are busy. // Others cannot wake up in time.

In Japan, / about 15% of men and 10% of women / now skip breakfast. // However, / breakfast is a very important meal. //

If you do not have breakfast, / you cannot do well at school. // You may not remember new words. // You may not calculate correctly. // You may not run fast. // Also, / you will have health problems in the future. //

So, / what kind of breakfast / is good for you? //