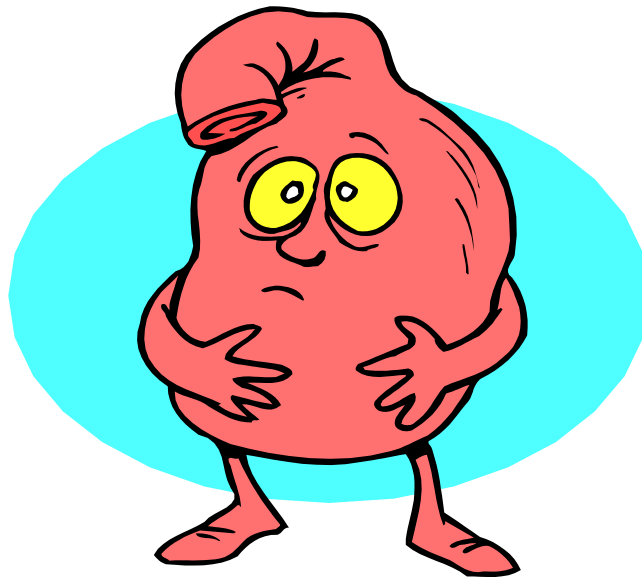


HUNGER!

Hunger is a physical feeling of stomach pain or gurgling sounds or feeling light headed (spacey) and/or anxiety from lack of food.



APPETITE

Appetite is an emotional wanting or desire for a food or beverage with no actual physical symptoms.

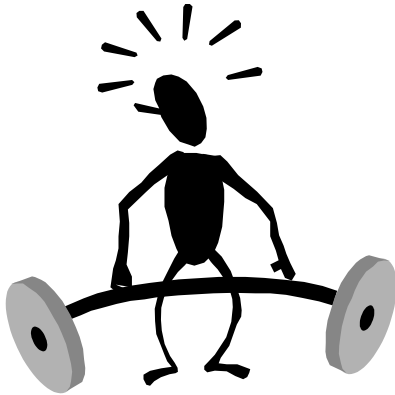


What happens when you skip breakfast?

You may feel weak.

You may have a hard time concentrating.

You may get a headache.

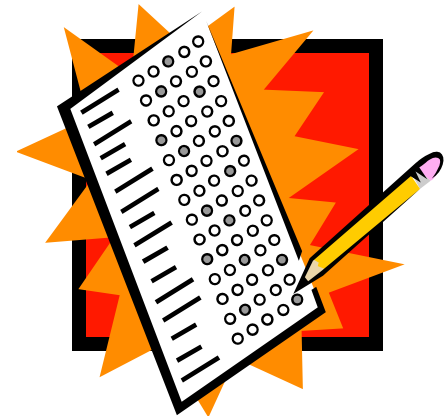


Why is breakfast important?

It helps you concentrate

It gives you energy

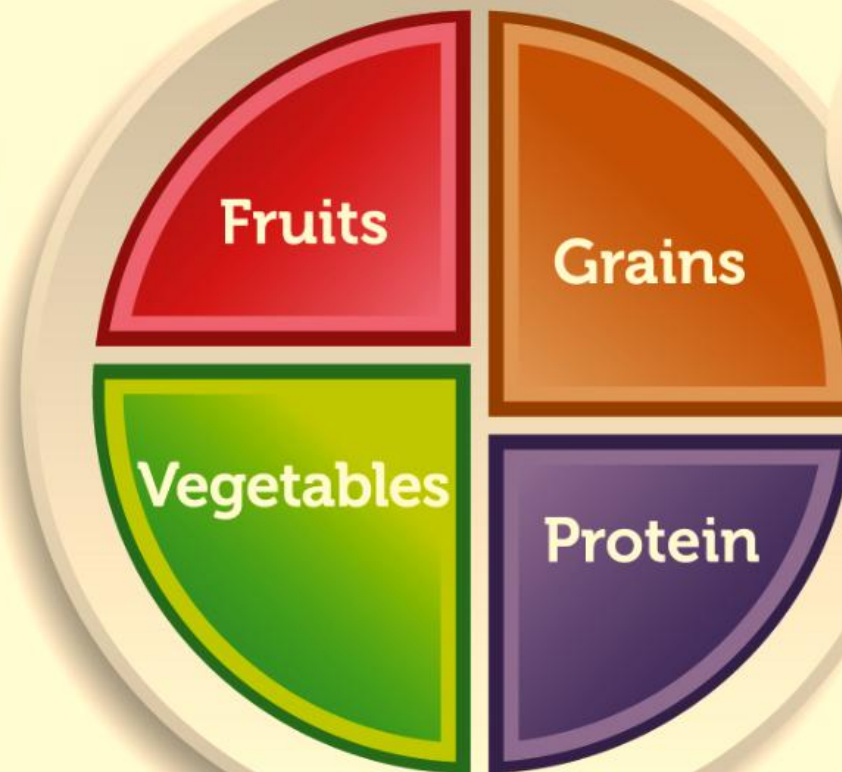
It helps you do better on tests





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