

# **Breakfast: The Most Important Meal of the Day**

## **Sunshine State Standards Alignment**

HE.A.1.1  
HE.A.1.2  
HE.A.1.3  
HE.A.1.4  
HE.C.1.1  
HE.C.1.2  
HE.C.1.3  
HE.C.1.4

## **Key Words from Video**

health	attitude	performance
fasting	glucose	energy
weight	nutrition	proteins
carbohydrates	fats	vitamins
minerals	fiber	water