

Not eating breakfast essay sample

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**ASSIGN
BUSTER**

A lot of people go through the day without having breakfast. Many people believe that it's not necessary, or they say that they don't have time for that, and begin their day with no breakfast. I believe that everyone should eat breakfast before going on to start their day.

The first reason why you should eat breakfast before going to school is for your health. When you skip breakfast and go to school, you are looking for trouble because it's not healthy to have an empty stomach all day long. It's very important to have breakfast and not let your stomach work empty. All you are going to get is a long day of being not focused because you didn't eat breakfast.

Another reason for eating breakfast is because you need food in your system to do well in your classes. Your body and your brain are not going to function as good as they could because you have no energy and no strength. When you try to learn something and have nothing in your stomach, you are going to have a lot of trouble absorbing things. A lot of people think that they should not eat because they are going to feel tired, but that's not true. Breakfast doesn't have to be a big meal, you're going to feel tired if you don't have breakfast.

The last reason to have breakfast every day is because you can avoid diseases if you eat some breakfast in the morning. If you don't eat, you are going to get sick, and these diseases will have a stronger effect on you because you're going to get sick easier than people who have breakfast every day.

You have to realize that breakfast is the most important meal of the day, and you cannot skip it without consequences to your school and your defense mechanism. It is better to wake up earlier and have a good breakfast than run to school without eating anything. It is time for you to do something and eat breakfast its the better way to start your day.