Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Origins of Everything: Is Breakfast the Most

Important Meal of the Day?

1. What types of foods do you consider to be “breakfast foods”? Why?

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1. Do you think breakfast is the most important meal of the day? Why or why not?

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1. Why do we think eating 3 meals a day is the norm? Did people always eat three meals? Which meal(s) was (were) the largest?

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1. How did the Industrial Revolution change the “standard” meals and meal times? Why do you think this shift happened?

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1. What types of food have been considered breakfast foods in the 1980’s and 1990’s? Why?

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1. Why do you think breakfast foods vary between different cultures?

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1. What does the word “breakfast” mean?

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1. When did the idea that breakfast was the most important meal originate? By who and why?

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1. Was the information published in newspapers and magazines biased? If so, who created the bias and why?

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1. Why is breakfast as a meal hard to define?

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1. Why can we not say for absolute certain that eating breakfast leads to better overall health, alertness and concentration at work or school? What variables must be considered?

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1. How has your opinion regarding breakfast and the 3 meals a day model changed since watching this video? Explain.

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