**Interprétation Orale**

**A HEALTHY BREAKFAST**

**Answer the following questions in English. You’re not expected to be able to answer all of the questions, just answer as many as you can. (**[**https://www.youtube.com/watch?v=k-0MpW1FWew**](https://www.youtube.com/watch?v=k-0MpW1FWew) **)**

1. Why is breakfast so important?
2. What two reasons are given to explain why many people skip breakfast?
3. How long do most people go without eating (between dinner and breakfast)?
4. What percentage of people don’t eat breakfast?
5. What group of people eats breakfast the least often?
6. What two breakfast beverages does the narrator mention?
7. What two grain products does the dietician mention?
8. Why is it important to have fruit?
9. In what different ways can you include fruit in your breakfast?
10. What two dairy products does she mention?
11. What might an athlete add to his/her breakfast to get more protein?
12. What can you do to make it easier to include crepes in your breakfast?
13. When do we need more calories?
14. What reasons does the dietician mention for why people don’t eat breakfast
15. What are some people stressed about in the morning?
16. What parts of the breakfast does she suggest people eat before they leave home?
17. What does the narrator suggest people should do in the morning to get their digestion going?