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<https://www.youthvoices.live/2017/04/13/argument-is-everywhere-daily-schedule/>



Argument is Everywhere- Daily Schedule.

Breakfast is the most important meal of the day. As its name suggests, breakfast is breaking the fast, by providing the body and brain with energy after an overnight fast. But a lot of people skip breakfast, because they might not feel hungry, or they might be too busy. I eat breakfast to function well, however I am not a morning person and that has an impact on my morning routine of skipping breakfast because of running late.