

## 20070508 Breakfast

fast: a period during which someone does not eat, especially for religious reasons.

**Breakfast** is the first meal of a day when people stop the fast.

## I. Some useful collocation

1. When I wake up, the delicious breakfast prepared by my mom is already on the table.
2. When I wake up, my mom has already had the breakfast done.
3. To me, breakfast is like a switch and eating breakfast is like turning me on for a busy day.
4. A nutritious breakfast provides me with the energy to cope with a busy day, and I am like a recharged battery, doing my job efficiently.
5. No breakfast is harmful to our health, which has a negative influence on our studying because hunger keeps us from concentrating our attention.
6. I eat breakfast to boost/ keep up/ stir up/ recover my spirits. 提振精神
7. If I don't eat breakfast, my spirits droop./ I lose my spirit/ I feel out of spirits. 精神不振
8. If I don't eat breakfast, I feel tired and lack the interest in everything.
9. I eat my breakfast in a leisurely way/ a relaxed way/ unhurriedly/ without haste.
10. If I don't eat breakfast, I feel weak and even feel faint with hunger.
11. If I don't eat breakfast, I feel dizzy, unable to stand steadily because I feel ill.
12. Going to school **on** an empty stomach is the last thing I will do.

## II. Some good examples

1. I like breakfast because it not only saves me from hunger but gives me energy to deal with everything I am going to face during the day.(09/奇叡)
2. The meal prepared by my grandmother is not a big meal, I still enjoy it. I usually finish it to express my gratitude to her. (09/柏達)
3. I get up early every day and I enjoy my breakfast in a leisurely way. I also read newspapers while eating breakfast because, to me, it is the most relaxed moment in the whole day.(09/秉軒)
4. If I don't eat breakfast, I usually feel hungry at about 10, which would prevent me from concentrating in class. And an idea came into my mind—I can eat lunch soon. To appease my hunger(充饑), I will keep drinking water so that I can rid myself of the pain caused by an empty stomach.(09/逸軒)
5. On my way to school, I will buy a big breakfast to boost my spirit. Sometimes my

- father cooks tasty breakfast because he wants me to know his love. Such breakfast enriches my body as well as my mind. Each time, I have my breakfast and I recite English vocabulary or idioms and phrases, which rids me of boredom. (09/竑綦)
6. I eat breakfast with my mom and younger brother. That's my favorite time of a day because I enjoy the companionship of my beloved family while eating breakfast.(09/士軒)
  7. Breakfast determines whether I am energetic enough in a day or not, so I always take care (留心) to pack it into my schoolbag and never forget it.(09/瑋澤)
  8. If I eat breakfast, I will be in high spirits all day long, feeling relaxed and contented, for I am filled with energy; on the other hand, if I don't eat breakfast, I can't focus my attention on anything. Therefore, it is extremely important for people to eat breakfast every day.(09/緒國)
  9. I always eat breakfast in my father's car with my mom and my brother. Eating with them, I don't feel nervous, and the relaxed atmosphere promotes the digestion and thus brings about a healthy body.(09/晃源)
  10. I will be listless(無精打采)so that I can't concentrate on studying as if I am like a car without gas to run anymore.(09/中南)
  11. A piece of bread, an egg and most important of all, fruits are the typical of my breakfast. Each day, my mom puts one or two kinds of fruits because different vitamins in the fruits are important for our health. (09/堯中)
  12. I seldom buy breakfast for fear that the breakfast sold in the stores are not prepared in hygienic conditions. (不夠衛生) (09/軻宇)
  13. Without breakfast, I am like a machine short of energy to work. And I can't pay attention in class. So breakfast is important to me. I can't live without breakfast just like a car can't run without gas.(09/佩庭)
  14. If I don't eat breakfast, I will feel tired and don't have the motivation to work. (09/育維)
  15. As a student commuting to school every day, I don't have a lot of time to enjoy my breakfast Every morning I spend much time on MRT, so I seldom eat breakfast slowly, not to mention eating it in a relaxed way.(09/秉浩)
  16. Though the breakfast prepared by my mom is not my favorite, I eagerly finish it, because it is the symbol of her love and it is beneficial to my health as well as my spirit.(14/健碩)
  17. Every morning, I wake up tired at six. What I have to do is find something to eat and get some milk to quench my thirst after a night's sleep. If there is free time in the morning, I will watch TV to know what happened the previous day/night while eating my breakfast.(14/易良)
  18. Every morning I wake up, I will smell a pleasant odor from the kitchen, which

stimulates my appetite. My mom always cooks some healthy breakfast for me every morning. Thus I always wash my face and brush my teeth very fast in order to eat the breakfast which is composed of my mother's love. (14/維智)

19. Though I am always the last person to eat breakfast, my mom still sits beside me to chat with me, so I won't feel bored when I spend time eating it. Because the breakfast is different every day, I can enjoy the diverse taste.(14/原譯)

20.The time on the day when I don't have breakfast seems to stand still and I fall asleep in class much more easily than the days when I have breakfast. (14/尙宸)

21. For me, no other meal is so important and necessary as breakfast. (14/彥綸)

22. Drinking milk, watching TV is the only leisure time I have ion school days. It is hard to picture my life without drinking milk pleasantly in the morning. (14/柏翰)

### III. Good compositions

Every morning, I usually get up late because I burn the midnight oil almost every night. So I can't eat breakfast at home or I will be late for school. My mother knows the importance of breakfast so she always makes breakfast for me by herself. I take my breakfast and then I sit on my seat having my breakfast. It is the most perfect moment for me when I eat my breakfast and chat with my classmates until all of us finish our breakfast.

Breakfast plays an important part of my daily life. It can help me concentrate in class and always have energy to deal with every test. Sometimes I rush out of my home so quickly that I forget to take my breakfast with me. I always face the music. I distract from the teachers' lectures easily for lack of energy and I miss what I do if I have breakfast. What's worse, if I don't have breakfast in the morning, I will want to sleep all the time. It is a bad habit which I make every effort to get rid of. Having breakfast or not really affects me so deeply (profoundly)(14/哲延)

In fact, I don't like eating breakfast, but my parents ask me to finish it at home before I go to school. Being in a bad mood after I wake up, I can't enjoy my breakfast, what's worse, I always doze off while eating breakfast. To finish my breakfast, I have been late for school several times. Despite the fact, I don't like eating breakfast, I must eat it for the flowing reasons.

First, my parents ask me to finish it and if I don't eat breakfast, they will worry about me. Second, if I don't eat breakfast, I find it hard to concentrate in class and I tend to drift from what the teachers teach. Last but not least, I will be more tired and easily lose my temper. Because of this, I have argued with my classmates on the days I don't have breakfast. I make it a point of mustering the energy to finish

my breakfast every day.(14/建宏)

Gong to the convenient store and buying a sandwich and a carton of milk has become a daily routine since I was a junior high school student. I always enjoy my breakfast with a piece of newspaper, which is like a ceremony marking the beginning of a day. Seeing the ingredients in my sandwich, such as bread, vegetable and pork, the satisfaction from the bottom of my heart surges up so much so that I don't want to eat too fast and prolong(lengthen) the procedure as long as possible.

Then, what will happen if I start a day without breakfast? Well, such a terrible thing occurred (did occur) several days ago. Because I was going to be late, I rushed to school without buy my breakfast. And I felt dizzy on an empty stomach all the morning. I didn't feel well so that I had an urge to vomit. Not until I had done all my job uncomfortably did I know such a bad feeling was caused by the skip of my breakfast. After this terrible experience, I realize breakfast really plays an important role in my life.(14/柏宇)

My home is so far from the school, so I usually have breakfast in my father's car. My father always wakes up early to buy some food for me. Therefore, I can save some time, which helps me a lot. By saving the time of having breakfast at home, I can spend more time studying. The bread is my favorite for breakfast, with some milk, I will be more powerful to take every test.

A breakfast a day keeps the doctor away. Having breakfast every day is an important part in my life. If I don't eat food in the morning, my body will break down. I will not be able to concentrate on my studies, and my family will worry about me. So, having breakfast is significant to me. (14/重樓)

Breakfast is essential to every one, including me. ( and I am no exception.) Because my home is far away from the school, I have to get up early to catch the bus for fear I might be late for school. According to the situation above, it will make my mother more tired if she has to wake up much earlier than me to make breakfast for me. Thus, I always buy my breakfast on the way to school, and bring it to my classroom. More often than not, my breakfast is a hamburger, containing pork and eggs, which is my favorite. Because I arrive at school early, I always have breakfast alone in the classroom, there is nothing bothering me. Without being disturbed, I can absorb the nutrients from the breakfast because of a good digestion.

There is no meal more important to our life than breakfast. If I don't eat breakfast,

I am like the car which cannot function properly for running out of gas. I will have no energy to listen attentively to what the teacher says in class, not to mention meeting the challenge of numerous tests in school. There fore, now matter how haste I am in, I will always stop to have a breakfast. (14/晏佑)