

# Breakfast

What do you do when you get out of bed  
And you have a dry throat and you have a sore head  
And you feel like one of the living dead?  
Have breakfast.

It's a plate of fuel for the rest of your day  
It's a bowl of power for work, rest and play  
You wouldn't have it any other way -  
It's breakfast.

If you don't eat it you'll feel all grouchy  
You'll feel all shuffly, you'll feel all slouchy  
So shovel it in your little pouchy -  
Have breakfast.

It's porridge! It's toast! It's a blueberry muffin!  
I'll tell you one thing and I'll tell you for nothin' -  
Your belly is empty, you need to get stuffin'!  
No more huffin'!  
No more puffin'!  
(Although they do eat puffin in Greenland...)  
**HAVE BREAKFAST!**

(This poem was brought to you by  
the National Breakfast Association)

Joshua Seigal

## **Dodgy Food Fact**

The National Breakfast Association (NBA) was an organisation set up in Lithuania in 1822 to promote breakfast. Before that, people used to wait until lunch before eating. They would frequently faint through hunger.

