

Jane Skips Breakfast

Story

Read the story once out loud for the students. Repeat while students complete the *Jane Skips Breakfast* handout.

It is 7 o' clock in the morning (ask students to show the time on their worksheet). Jane has just woken up and only has 20 minutes to get ready for school before the bus comes to pick her up (ask students to record what time the bus will pick her up). She is very hungry when she gets up but does not have any time to eat breakfast. Jane knows that breakfast is a very important meal (ask students why) because she needs fuel to be able to think to do her school work. At 7:20 Jane runs out of the house and jumps into the school bus. The bus arrives at school at 7:45 (record on the clock and ask how many minutes it took to get to school). Jane is very hungry (ask students to use other words to describe how Jane may feel/act because she is very hungry). She cannot concentrate on her math lesson and feels very irritable. She doesn't even want to talk to her good friend Sarah at recess! By the time lunch finally comes at 11:45 (ask students to record the time), Jane feels horrible! She can't wait to eat! Ask students what Jane should have done so she is not as hungry at lunch. Ask them what time she should have gotten up if she needed 10 minutes for breakfast.