

《早餐，吃还是不吃？这是个问题》

导读:可能大家都习惯性的认为吃早餐非常重要，今天，小编想跟大家分享这个新观点：早餐，不想吃，真的可以不吃哦！



It's six in the morning and all you want is a few more minutes of sleep, instead you find yourself at the breakfast table, head hung over a bowl of cereal, trying your best not to fall into it.

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You have a big exam in a few hours, your stomach is in knots and it's difficult to even keep coffee down, but your mother is hovering around with toast, juice, cereal and insisting that you eat because breakfast is the most important meal of the day.

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We were always told to sit down and relax while eating, yet we grab toast or a piece of fruit while rushing out the door because we are also told we cannot miss breakfast.

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In the past, when people set off to their jobs as farmers, wood-cutters, fisherman, and iron-smiths at the first light of

down our throat.

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