

BREAKFAST

Read the text and choose the best word.

My favorite thing (1) breakfast is my mum's delicious zucchini pancakes. In winter she makes pumpkin pancakes (2) great too. We don't (3) have time for pancakes on school days but at weekends I love to get up and make (4) for my family.

Anyway, they are really easy (5) make. Basically you mix up the dry ingredients in one bowl: flour, sugar, salt and cinnamon. Then in another bowl you (6) the eggs, oil and milk with the grated zucchini (or grated pumpkin). Slowly add the (7) ingredients to the wet ones and mix until smooth. Add some baking powder to make them light and fluffy.

Put a (8) oil on a big frying pan and when it's hot, put some spoonfuls of mixture onto the pan. Cook for 2-3 minutes until (9) and then turn them over.

I like to eat (10) with yogurt and strawberries or with jam and cream. My sister likes hers with cream cheese and ham! They are so versatile and so delicious. If you have any (11) over, you can freeze them or put them in a tupper dish. They are great toasted too.



Protein Breakfast Reading Comprehension This Week

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Protein Breakfast Reading Comprehension This Week:

Holistically healthy humans: championing mental and physical wellbeing in education Michelle Jayman, Anthea Rose, Jonathan Glazzard, Aimee Quickfall, 2025-12-03

Public health data shows that addressing the global mental health crisis is more challenging in the post pandemic environment. The poorest children are four times more likely to experience difficulties than their wealthiest counterparts. Crucially, health does not operate at a singular level; mental and physical health are inextricably linked. Our physical body depends on our mental state, and vice versa, and improvement or decline in one area can trigger improvement or decline in the other. For example, many mental health difficulties and the associated stress they cause can disrupt sleep, which is harmful to physical health over time. Therefore, it is vital to understand and engage with health and wellbeing from a holistic perspective. Clearly, a better understanding of the relationship between mind and body is imperative to help researchers, practitioners, and policymakers tackle co-existing conditions, support those experiencing difficulties, and promote universal healthy behaviours to ameliorate the current crisis.

This Research Topic aims to explore the bi-directional relationship between mental and physical health and ways of developing holistic wellbeing and healthy lifestyle practices. The benefit of physical activity on the mental wellbeing of children and young people is strongly supported. Numerous psychological effects, including on self-esteem, cognitive function, mood, depression, and quality of life, have been shown, and the body and brain are both extremely responsive to change. Exercise can enhance mood and self-esteem while decreasing stress levels. Pertinently, stronger effects were found when participation in physical activity occurred in a school-based setting. Conversely, poor physical health significantly increases the risk of mental health difficulties, often accompanied with physical symptoms such as headaches and poor sleep. This Research Topic will provide a wide-reaching forum to present the latest research evidence on the essential components of wellbeing under one holistic lens. Furthermore, by adopting a health promotion and prevention framework, it aims to offer pathways from research to practice for schools, colleges, and universities. Specifically, by providing practical solutions for adaptation and implementation at a local level. Thus, this Research Topic encourages the universal adoption of evidence-based best practices and the championing of holistic wellbeing approaches across diverse education settings.

This Research Topic is broad in scope, with its commitment to exploring wellbeing in education from a holistic lens and the parity of esteem between mental and physical health. Mental and physical health themes and integrated approaches are equally relevant contributions. Health topics include nutrition, poor diet may be a causal factor in the experience of low mood, and improving diet may help to protect not only physical health but mental health too. With a key focus on prevention and promotion and support systems and interventions in educational settings, articles featuring primary research on modifiable factors such as diet, exercise, and psychosocial interventions are welcomed. Other pertinent topics may include integration of physical and mental health services, support for vulnerable groups, and inequalities in health, addressing access barriers and treatment gaps, harnessing digital health technologies, training across

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