1. **Write True or False next to the sentences taken from the reading text.**

   a) Most of the American population has breakfast every day. ....

   b) Lemon helps you lose weight. ....

   c) Milkshakes contains fewer calories than any other single-item fast food. ....

   d) Most vegans don't eat white sugar. ....

2. **Read the text again and answer the questions accordingly.**

   a) How does breakfast affect our metabolism?

   ....

   b) How many calories are in a large chocolate shake?

   ....

   c) Do vegans eat dairy products?

   ....