

# Word of the Day 1: Disposition

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**Examples:** Ms. High has a naturally happy disposition. She is always smiling, energetic and in a positive mood.

**Predicted Definition:** \_\_\_\_\_

**Actual Definition:** \_\_\_\_\_

**Part of speech:** \_\_\_\_\_

Similar to...	Because...
Personality	Both describe the way a person comes across to others
<i>But different because...</i>	Someone's personality is a combination of all of their behaviors and emotions. Someone's disposition is their general mood, or their mood most of the time.

Read the passage below and underline the vocabulary word, then answer the questions

## Why Breakfast is Important

Studies show that students who eat breakfast perform better on difficult tests in school. Maybe it works that way for adults too. In any case, skipping breakfast is probably a bad idea.

Skipping breakfast is a common strategy for people who are trying to lose weight, but it's usually not a successful one. Your body (or maybe your brain) expects to be refueled a few times each day, so when you skip meals you may feel so hungry that when lunch time comes, you over-eat or maybe you choose foods that are not the healthiest choices. You are also likely to develop a cranky disposition by lunch time, if you have skipped breakfast

Actually, eating breakfast may not be good

Why might someone who skips breakfast develop a cranky disposition by lunch time? Write a complete sentence that uses the vocab word.

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Write a caption for this picture using the vocab word.

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