

# have breakfast *(have---break---fast)*

## Definition

v. To eat the first meal of the day, usually in the morning.

## Example Sentence

Every morning, I **have breakfast** to start my day with energy.

## More Example Sentences

It's important to **have breakfast** to fuel your body for the day ahead.

## Synonyms

eat breakfast; breakfast; dine in the morning

## Antonyms

skip breakfast; fast; avoid eating

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