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Score: 11 points

1. According to Professor Mike, the word breakfast means the meal in which the fast is broken, that is, eating after a period of fasting.

2. Professor Mike defines fasting as not eating for a longer period of time than usual. It may involve not eating any food, eating very little food, not eating certain types of food, or even abstaining from drinking liquids.

3. An example of fasting mentioned in the video is fasting during Ramadan, practiced by Muslims, where they don't eat from dawn until dusk.

4. According to the video, some people fast for social or political reasons, such as to protest something or raise awareness about a specific issue. Fasting in these cases is a way of saying, "I'm not going to eat anything until this problem is solved."

5. One of the main reasons people fast, according to the video, is for religious reasons, such as during Ramadan for Muslims.

6. According to the video explanation, a hunger strike is when people refuse to eat as a form of protest or to draw attention to a specific issue.

7. Professor Mike explains that although fasting isn't intended while sleeping, you are fasting because you don't eat during sleep. So, when you have breakfast, you're breaking the overnight fast.