

Post-Test
Breakfast Lesson

Name: _____

Circle the Correct Answer

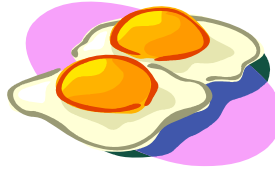
1) What is **NOT** a healthy food to eat for breakfast?



a. Toast



b. Waffle



c. Eggs



d. Hamburger, fries and soda

2) How often should you eat breakfast?



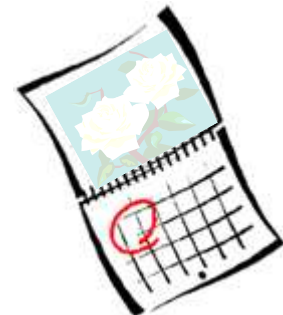
a. Never



b. Every day



c. Once a week



d. Once a month

3) Eating breakfast will make you _____.



a. Sleepy



b. Sad



c. Have Energy



d. A Ballerina