

# Breakfast

## Breakfast is good for your body

It helps you...

Think



Have Energy



- What activities do you like doing that breakfast would give you energy for?
    - Draw a picture or write down your answer.
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## Skipping Breakfast Can Make You...



Tired



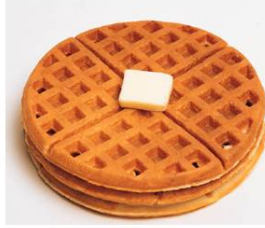
Hungry



Grumpy

- Circle or write down how you feel when you don't eat breakfast?
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# The Grain Group



Waffles



Wheat Bagel



Cold Cereal



Wheat Toast



Hot Cereal



Bran Muffin



Pancakes

- Circle or write down your favorite breakfast foods from the grain group.



Apple

# The Fruit Group



Bananas



Strawberries



Grapes



Raisins



Canned Peaches



Orange Juice



Berries with pancakes



Fruit Smoothie

- What is your favorite fruit to eat for breakfast? Circle, draw or write down your answer.

## Healthy and Not So Healthy



- Circle the good breakfast food choices. Put an X through the foods that are not healthy to eat for breakfast.
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## What Can I Do?



Eat breakfast every day.

- What change can you make because of what you learned today?
    - Write it down, tell the teacher or draw a picture.
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