



It's Cool to Eat

Breakfast

At

SCHOOL



ACTIVITY:

Solve the puzzle to finish the sentence and learn a third reason why I love school breakfast.

I GET TO EAT WITH MY



- OG +



- MC +



- AIL +

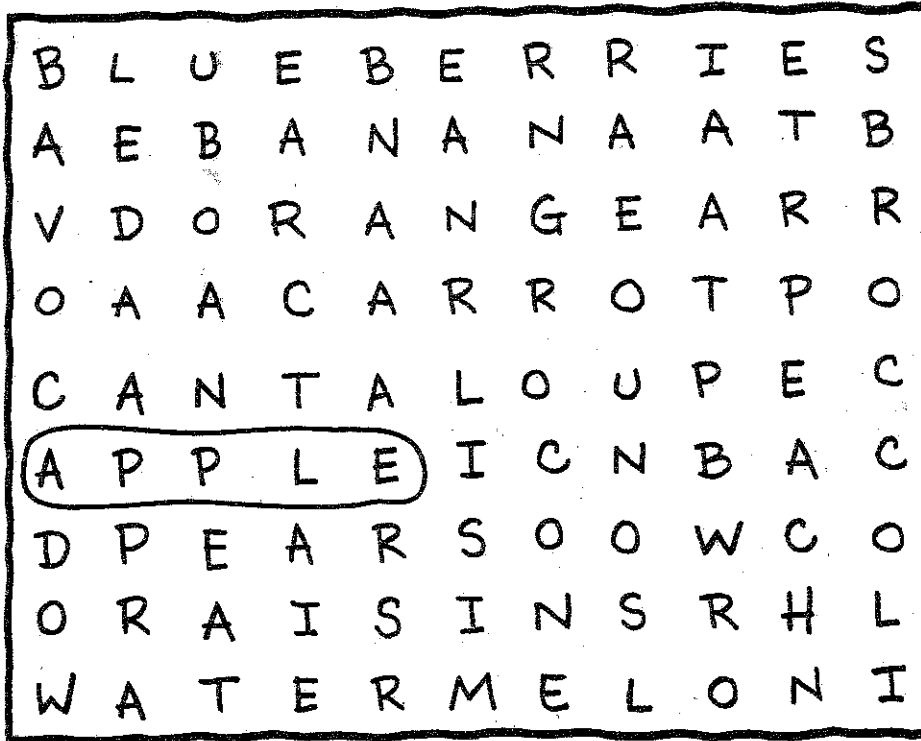


- RES =

A good breakfast is a balanced meal. That means that it has several different kinds of foods in it. Breakfast helps you get some of your fruits and vegetables for the day.

ACTIVITY:

Find the FRUITS and VEGETABLES in this list in the WORD SEARCH below. The first has been done for you. Then put the remaining letters in order on the lines below to spell out a message for you.



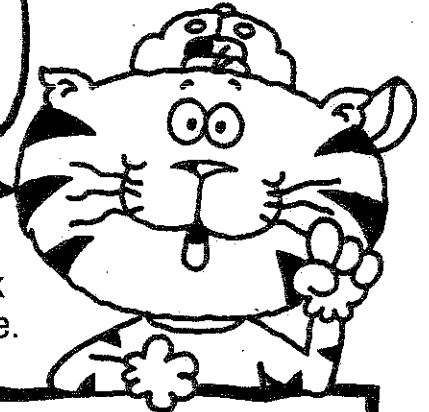
- WORD LIST**
- ~~APPLE~~
 - AVOCADO
 - BANANA
 - BLUEBERRIES
 - BROCCOLI
 - CANTALOUPE
 - CARROT
 - CORN
 - DATES
 - ORANGE
 - PEACH
 - PEAR
 - RAISINS
 - WATERMELON

OF COLOR!

Leftovers for breakfast! Why not! A veggie pizza...yummy!



Eat smart at lunch, dinner, and snack time, too! Choose foods that are low in sugar, fat, and salt. They're healthier for you. Develop the good food habit for life.



ACTIVITY:

Unscramble the name of each snack below. Then draw a line to its picture.

1. RELPETZS



2. PPNOORC



3. GYTURO



4. GENRAO



5. TUSN



6. DIRED UIFRT



7. PAPEL SCLISE

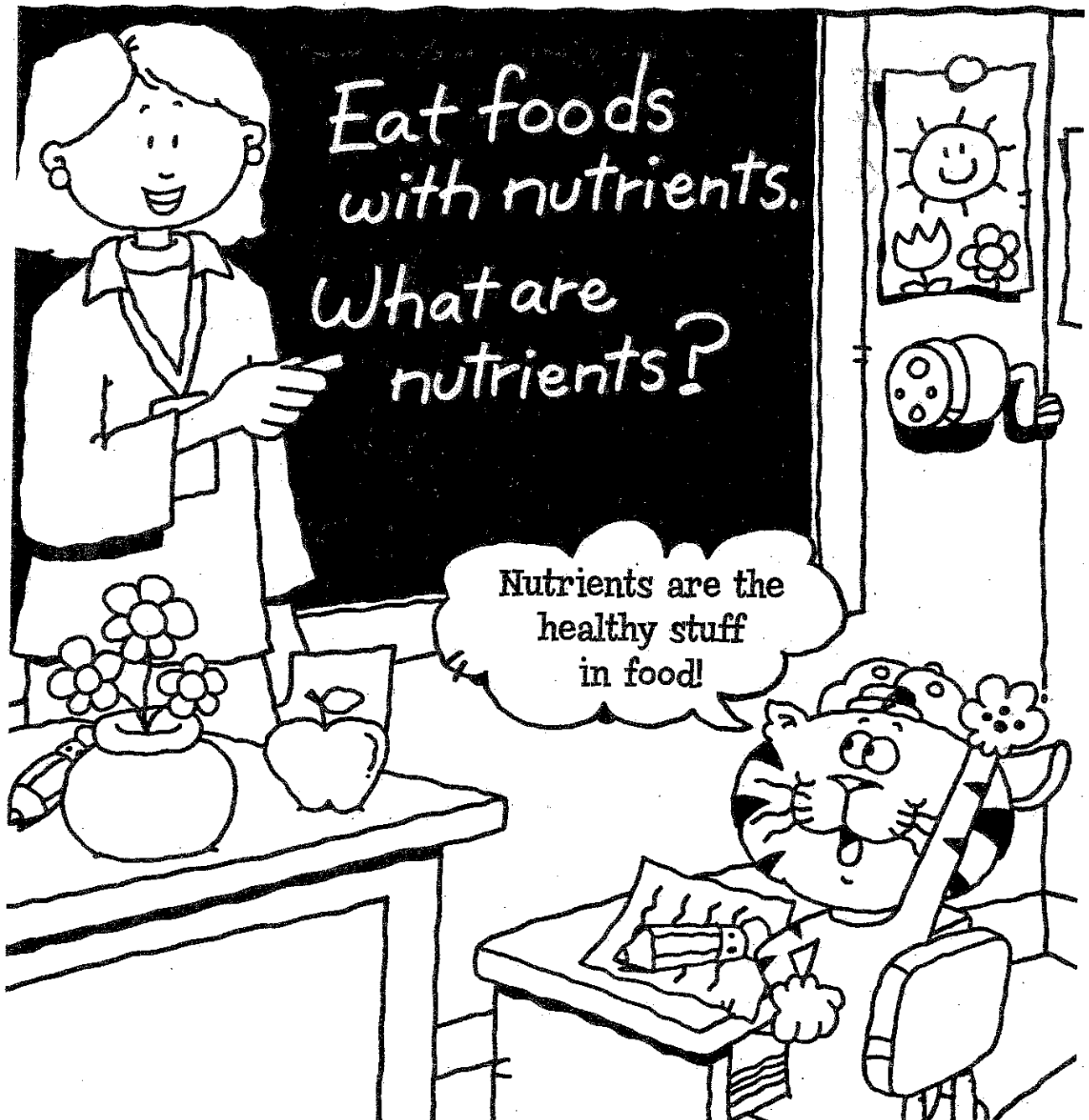


8. TARORC CTSSKI



A healthy breakfast does all this!

- Helps you stay alert in class.
- Helps you do your best on tests.
- Keeps your memory sharp.
- Stops you from overeating at lunch or having a stomach that rumbles.



Grains are great breakfast foods. Make yours whole grain! They're the best kind. Here are several grain products:

- Cold Cereal
- Waffles
- Oatmeal
- Pancakes
- Biscuits
- Tortillas
- Bagel
- French Toast



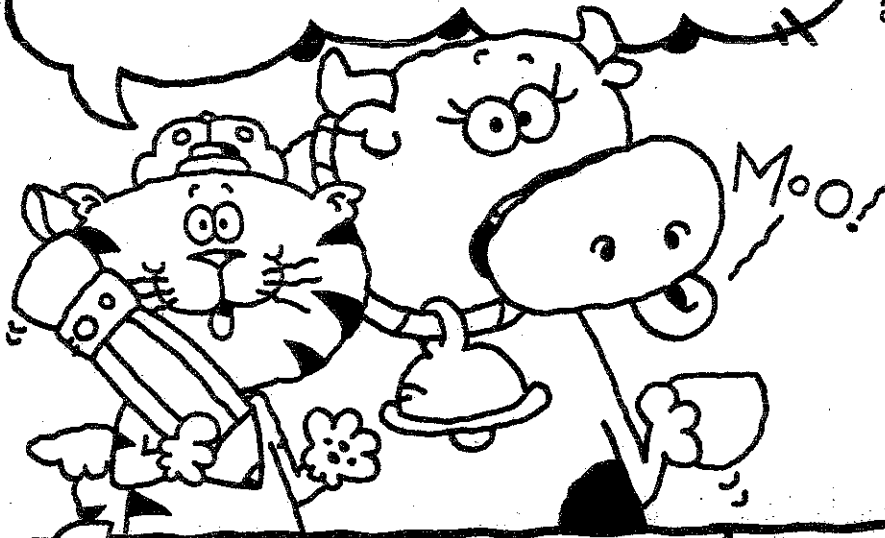
ACTIVITY:

Steaming hot oatmeal is more than healthy for you. It's fun to add toppings. Solve the puzzle by putting the toppings in the right spaces.

- Toppings**
- APPLESAUCE
 - BANANA
 - BERRIES
 - CINNAMON
 - NUTS
 - RAISINS
 - YOGURT

Illustrations around the puzzle include a bowl of steaming oatmeal, a jar of apple sauce, a banana, a cinnamon stick, a yogurt container, and various fruits like strawberries and raisins.

Milk and foods made from milk—such as yogurt and cheese—are breakfast stars! They have a mineral in them called calcium. Calcium helps keep your bones and teeth strong.



Choose milk and milk products made with low-fat or nonfat (skim) milk. There are many, many cheeses to choose from! Here are just a few. Which of these have you tried? Put a check next to them.

- COTTAGE
- AMERICAN
- EDAM
- FARMERS
- SWISS
- MOZZARELLA
- STRING
- CHEDDAR

Solve these cheese riddles...

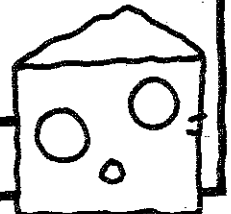
1. What kind of cheese is made backwards?
2. What kind of cheese needs repair?
3. What kind of cheese gets furniture?
4. What kind of cheese has a silo?

HINT: All cheeses are in the list above.

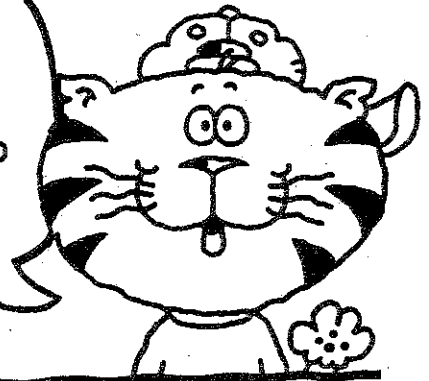
Some ideas for cheese at breakfast:

- Cottage cheese mixed with apple butter. It's good!
- A grilled cheese sandwich on whole-wheat toast.
- On the run? Grab a string cheese and go.

1. EDAM CHEESE 2. SWISS CHEESE. It's full of holes. 3. COTTAGE CHEESE 4. FARMERS CHEESE




























The Meat & Beans Group in the Food Pyramid has many foods that are rich in protein. Protein helps build muscles. Foods in this group include: CHICKEN, TURKEY, BEEF, PORK, FISH, BEANS, EGGS, PEANUT BUTTER, TOFU, NUTS, and SEEDS.



ACTIVITY:

In each row below, circle the food from the Meat & Beans Group.

1.					
2.					
3.					
4.					
5.					

Be active! To be your best, you need to exercise as well as eat healthy! There are lots of great ways to get your hour of exercise each day. Walk whenever you can, play ball, swim, dance, walk your dog. Exercise with your friends and family. Have fun!



ACTIVITY:

These kids are headed to the park to play ball! Help them find their way.

