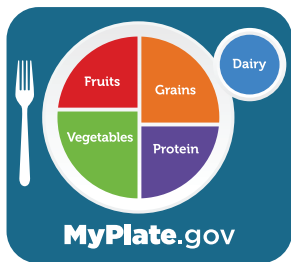


Let's Eat Healthy TOGETHER

Explore Dairy!

3rd- 5th
Grade

BREAKFAST BLAST



Eating from more than 1 food group for breakfast can help you learn, grow, and feel your best.

Food for Thought

- Because your food preferences, cultural traditions and grocery store experiences are unique, what you eat is unique.
- Many schools provide a breakfast of 3 or more food groups to students at little or no cost.
- Food groups work together as a team to give your body and brain special superpowers called nutrients and energy.

Activity

1. For each breakfast below, circle the letter for each food group in the picture.
2. If the breakfast has more than 1 food group, circle the picture.
3. If the breakfast does not have more than 1 food group, draw or write the name of another food you might be able to add for more nutrition.
4. Circle the letter of the food group you just added



Yogurt Parfait



Peanut Butter Toast



Whole-Wheat Breakfast



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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BREAKFAST BLAST

Create a Breakfast

1. Imagine you are creating 2 new breakfasts for your school menu. You must include 3 or more food groups. Write the name of the foods from the food groups in the boxes below.
2. Create a fun name for your breakfast ideas—for example, Big Bad Bean Burrito.
3. Share your breakfast ideas with the class. Explain what you like about each meal.

Dairy	Fruits	Grains	Vegetables	Protein

Breakfast Name: _____

Dairy	Fruits	Grains	Vegetables	Protein

Breakfast Name: _____



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Food Groups

Dairy

Milk, Yogurt, Cheese



Vegetables

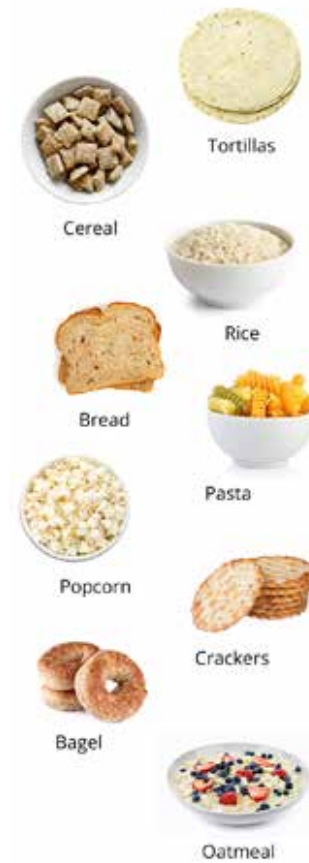


Fruits



Grains

Breads, Cereals, Pasta



Protein

Meat, Beans, Nuts

