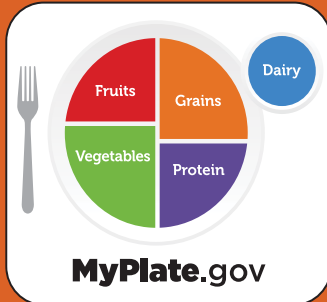




## BREAKFAST BLAST



*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

G V F D P



Peanut Butter Toast

G V F D P



Whole-Wheat Bagel

G V F D P



## BREAKFAST BLAST

## CREATE A BREAKFAST

- 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.
- Create a fun name for your breakfast ideas—for example, Big Bad Bean Burrito.
- 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: \_\_\_\_\_



## Food Groups

Dairy Milk, Yogurt, Cheese	Vegetables	Fruits	Grains Breads, Cereal, Pasta	Protein Meat, Beans, Nuts
 Milk	 Cabbage	 Dragon Fruit	 Popcorn	 Eggs
 Yogurt	 Yams	 Guava	 Cereal	 Tuna
 Chocolate Milk	 Greens	 Lychee	 Oatmeal	 Beef
 Paneer	 Pepper	 Peach	 Crackers	 Fish
 Mozarella Cheese	 White Peas	 Passion Fruit	 Quinoa	 Chicken
 Crumbled Cotija	 Broccoli	 Cantaloupe	 Barley	 Mixed Nuts
 Kefir	 Corn	 Papaya	 Tortilla	 Tofu
 Lactose Free Milk	 Tomatoes	 Pineapple	 Naan	 Beans
 String Cheese	 Carrots	 Apple	 Rice	 Lentils
 Ricotta Cheese	 Avocado	 Melon	 Noodles	 Nut Butter
 Smoothie	 Cassava	 Orange		