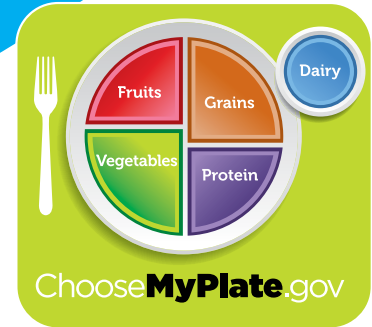
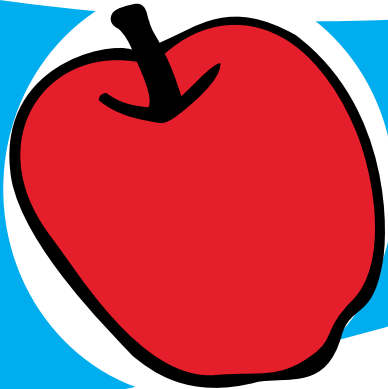


Who needs a healthy breakfast?

Everybody does!

MYPLATE HELPS YOU CHOOSE WHAT KINDS OF FOODS AND HOW MUCH TO EAT THROUGHOUT THE DAY.



BREAKFAST GIVES YOU ENERGY

- For the big game at recess, so you can play hard!
 - For the math quiz, so you can think smart!
- Eat Smart! Start your day off with breakfast.*

Your breakfast should have foods from at least three food groups.

These are the food groups and some choices of foods.

- Grains group (cereal, toast)
- Vegetable group (carrots, celery)
- Fruit group (banana, orange juice)
- Dairy group (cheese, yogurt)
- Protein foods group (eggs, peanut butter)

Eating foods from every food group keeps you healthy and strong!

To fill in the blanks, first read the clues. Then go to www.choosemyplate.gov and click on "Food Groups" to find the answers. To print your own healthy eating plan, click on "Get a Personalized Plan" and fill in the information boxes.

Orange is the _____ group; it gives you energy! These foods are often brown and baked in an oven.

Green is the _____ group; it gives you vitamins and minerals. These foods can be green, white, orange or other colors.

Red is the _____ group; these foods can be all the colors of the rainbow. Some of them are sweet, but watch out, some are sour!

Blue is the _____ group; it helps build strong bones and teeth.

Purple is the _____ group; it helps build strong muscles. Some of this food comes from animals and some comes from plants.

Breakfast Bonanza

Word Bank

PEANUT BUTTER SMART
 MYPLATE HEALTHY
 BREAKFAST BALANCED
 HARD ORANGE
 ENERGY MILK

FIND THE WORDS FROM THE WORD BANK!

P N W B Z N C Y Y C X Z
 T E C H E J V I K Y R M
 D J A T S A F K A E R B
 C E E N E S O V M E Z X
 G L C T U R C Y P N S H
 W F R N A T P B E E M E
 V S N N A L B F J R A A
 F B G X A L W U I G R L
 F E F T D W A S T Y T T
 A W E W R G C B Y T A H
 V I U D A M I L K A E Y
 D L Y R H M V Q F F W R

FILL IN THE BLANKS FROM THE WORD BANK:

___ L ___ breakfasts have food from at least three food groups.

Eating ___ K ___ helps start your day off right!

Breakfast gives you ___ G ___.

Eat smart play H ___!

A balanced breakfast is a ___ Y breakfast.

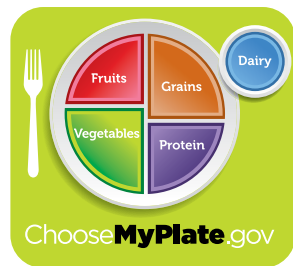
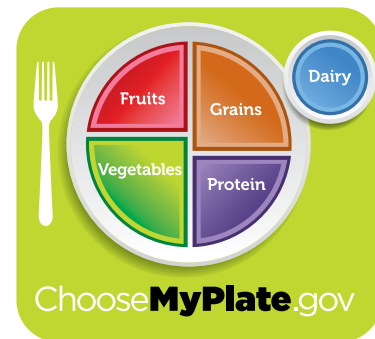
Drinking ___ I ___ gives you strong bones.

The grain group is the color ___ N ___.

___ B ___ is a good source of protein for breakfast.

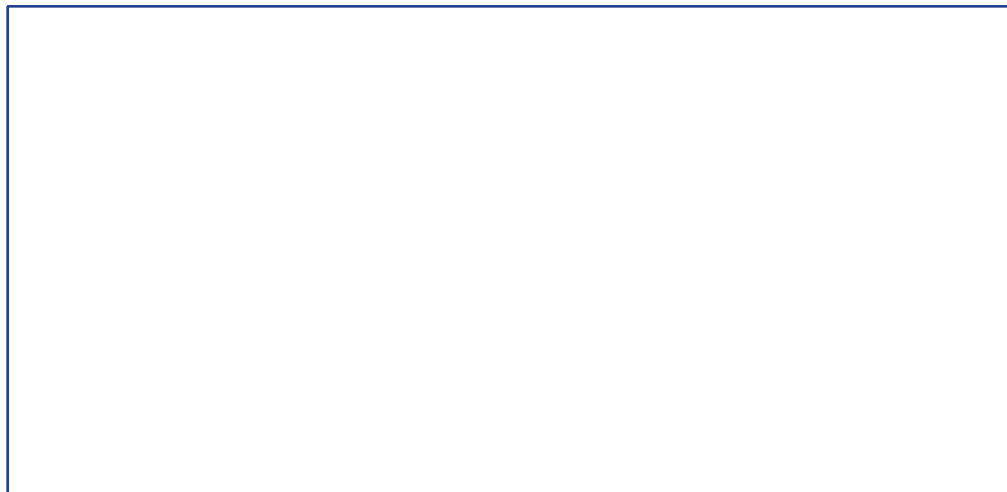
___ A ___ helps us choose healthy meals to eat.

Eating healthy is a ___ T choice!



Julie Garden-Robinson, Ph.D., R.D., L.R.D.
 Food and Nutrition Specialist,
 and NDSU students from English 275
 Introduction to Writing Studies (2007):
 Kylie Pulczinski
 Frannie Nelson
 Evan Kolstoe

DRAW A BALANCED BREAKFAST IN THE BOX!



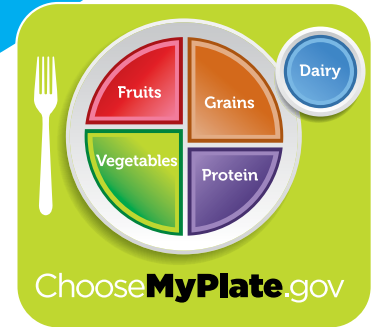
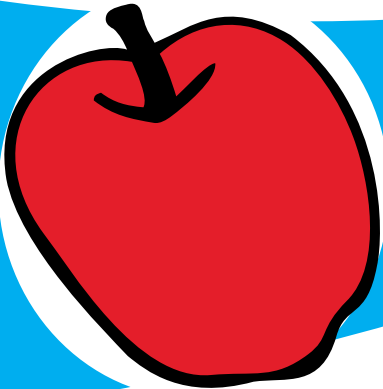
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Who needs a healthy breakfast?

Everybody does!

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BREAKFAST GIVES YOU ENERGY

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Purple is the PROTEIN FOODS group; it helps build strong muscles. Some of this food comes from animals and some comes from plants.

Breakfast Bonanza

Word Bank

PEANUT BUTTER
MYPLATE
BREAKFAST
HARD
ENERGY

SMART
HEALTHY
BALANCED
ORANGE
MILK

FIND THE WORDS FROM THE WORD BANK!

P N W B Z N C Y Y C X Z
T E C H E J V I K Y R M
D J A T S A F K A E R B
C E E N E S O V M E Z X
G L C T U R C Y P N S H
W F R N A T P B E E M E
V S N N A L B F J R A A
F B G X A L W U I G R L
F E F T D W A S T Y T T
A W E W R G C B Y T A H
V I U D A M I L K A E Y
D L Y R H M V Q F F W R

FILL IN THE BLANKS FROM THE WORD BANK:

BALANCED breakfasts have food from at least three food groups.

Eating BREAKFAST helps start your day off right!

Breakfast gives you ENERGY.

Eat smart play HARD!

A balanced breakfast is a HEALTHY breakfast.

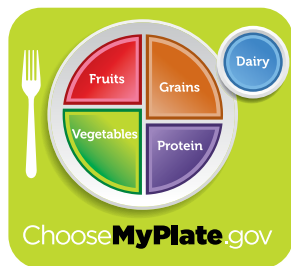
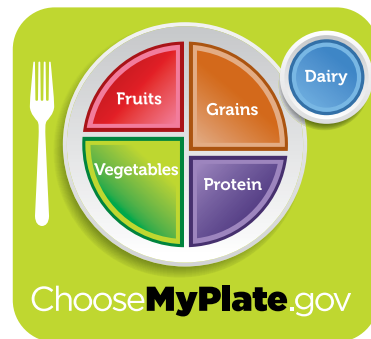
Drinking MILK gives you strong bones.

The grain group is the color ORANGE.

PEANUT BUTTER is a good source of protein for breakfast.

MYPLATE helps us choose healthy meals to eat.

Eating healthy is a SMART choice!



Julie Garden-Robinson, Ph.D., R.D., L.R.D.
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DRAW A BALANCED BREAKFAST IN THE BOX!



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