

Food is Fuel... Breakfast Time!

Eating Foods That Taste Good and Are Good for You

Why is it important to eat a good breakfast every day? _____

Draw what you ate for breakfast this morning.

Circle all the foods that are good for breakfast.

banana milk slice of bread egg oatmeal cake sugary cereal strawberries

soda potato chips blueberries whole grain waffle peanut butter and jelly on toast

Use the back of this page to draw your favorite breakfast.

