

Fuel Your Body and Brain



How can you fuel your body in the morning?

Stand up or raise your arms
high if you would eat this for
breakfast.



Would you choose this for breakfast?

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Would you choose this for breakfast?



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Would you choose this for breakfast?



Stand up or raise your arms high if you would eat this for breakfast.

Breakfast is your first meal of the day. Make it great!

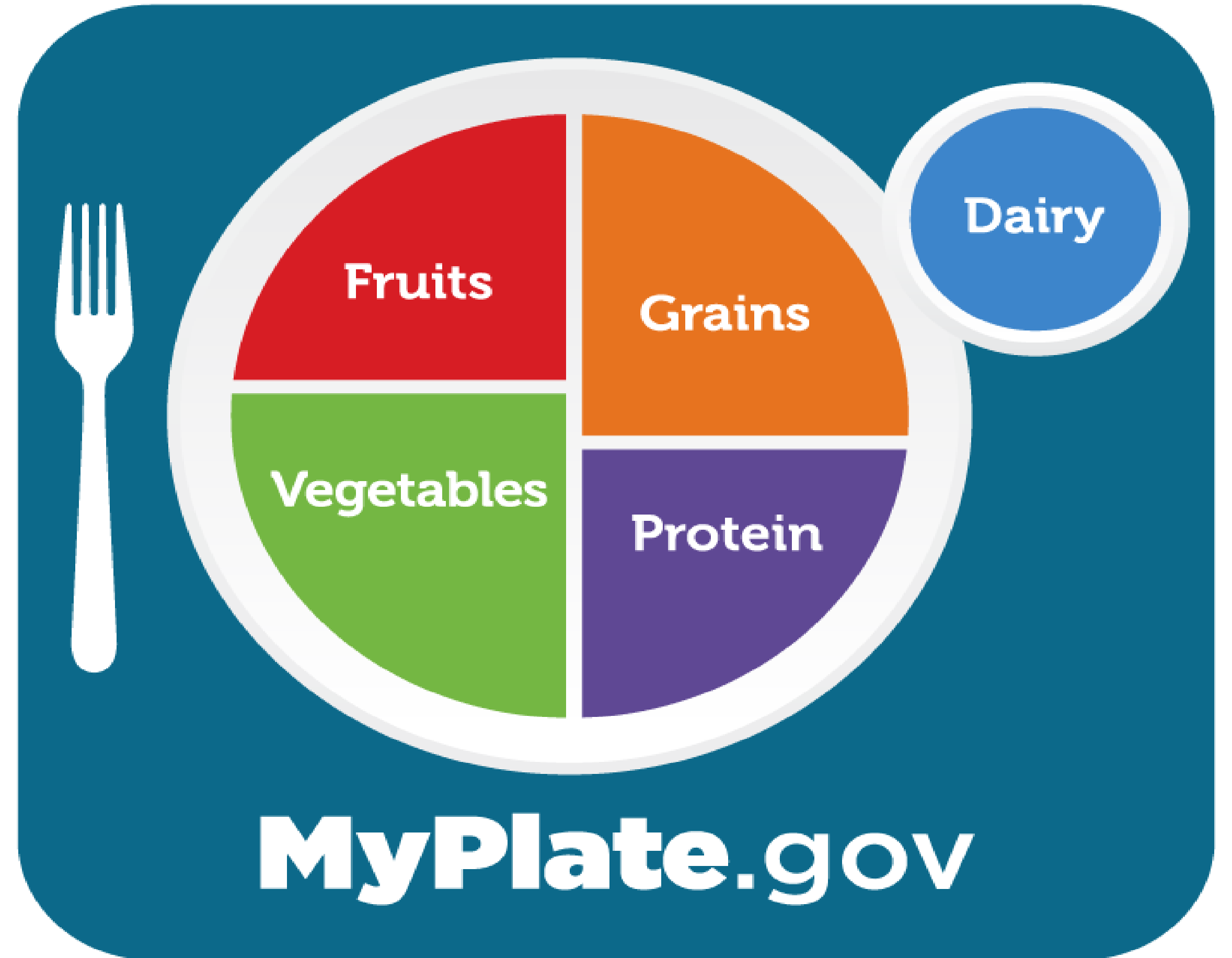
What will you choose?



Choosing a healthy breakfast means you start your day with nutritious fuel!

Choose Healthy Food

Tools such as **MyPlate** help you to make nutritious food choices for breakfast and all day long!



Fill in the blanks.

_____ IS FUEL TO POWER YOUR BODY AND BRAIN.

Your Food Choices

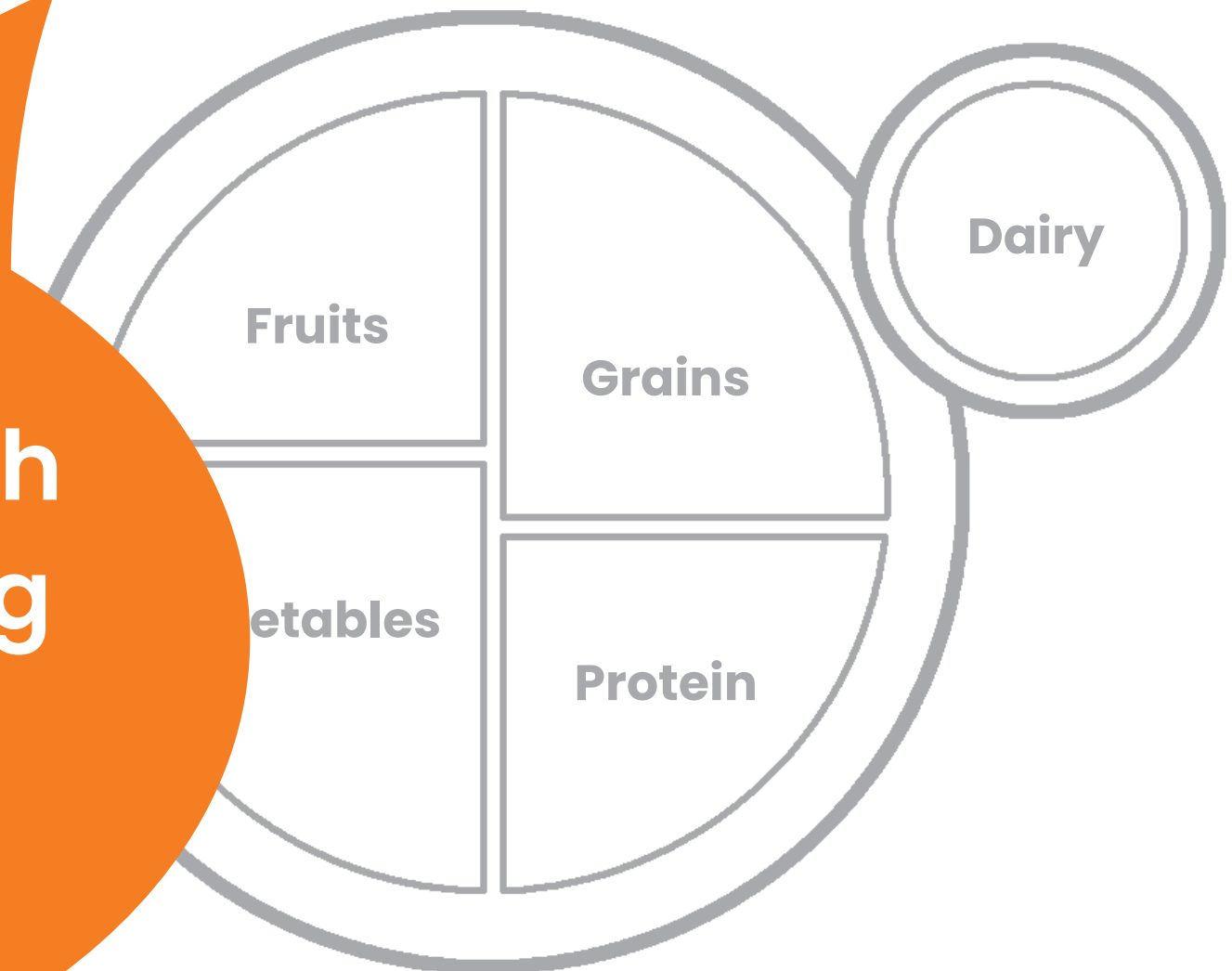


Can you find which foods don't belong in the MyPlate categories?

Name _____

Making Breakfast with MyPlate

Make your plate a rainbow with foods of different colors and from different food groups. Write or draw nutritious foods you would like for breakfast in each section of the MyPlate below.



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