

Lesson 5

Breakfast Time!

Activity
3

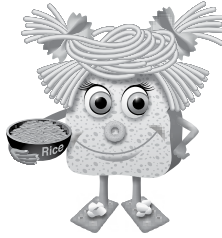
1. Pick a **Protein, Fruit, Grain,** and **Dairy** food to make breakfast.
Circle one choice in each group.
2. Circle a vegetable to eat as a snack.



Fruits



Dairy



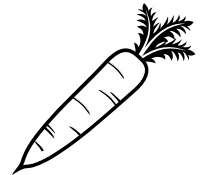
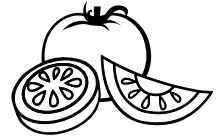
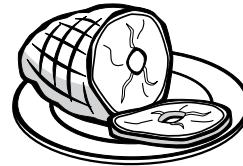
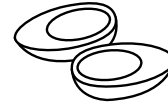
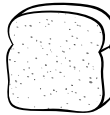
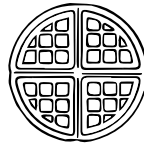
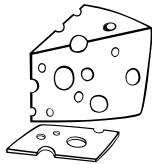
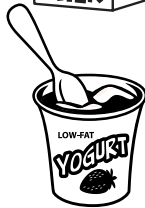
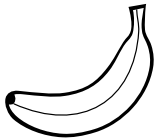
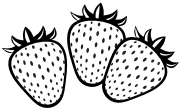
Grains



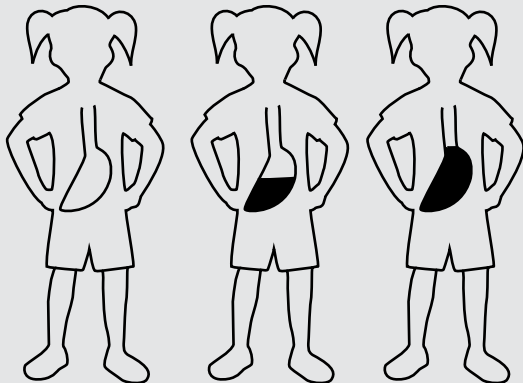
Protein Foods



Vegetables



How full does your tummy feel
before you eat breakfast?



How full does your tummy feel
after you eat breakfast?

