Who needs a healthy breakfast?
Everybody does!

**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](http://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
MYPLATE
BREAKFAST
HEALTHY
BALANCED
HARD
ENERGY
ORANGE
MILK

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!

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

Find the words from the Word Bank!

Draw a Balanced Breakfast in the Box!

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Introduction to Writing Studies (2007):
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Breakfast gives you energy
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**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 F 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:**

B A L A N C E D 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!

**Draw a Balanced Breakfast in the Box!**

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**Answer Key**

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