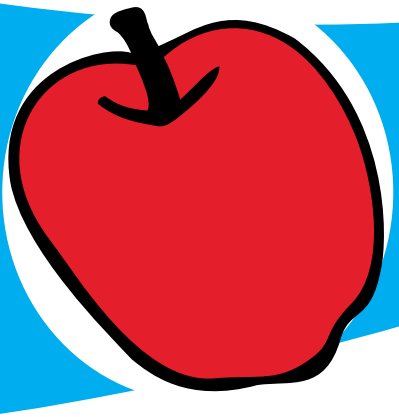
FN728 (Reviewed Nov. 2026)

Who needs a healthy breakfast? Everybody does!







FILL YOUR PLATE WITH HEALTHY FOODS 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.

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
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:

_ _ 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.

Eating healthy is a _ _ _ _ T choice!



DRAW A BALANCED BREAKFAST IN THE BOX!

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

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Answer Key

Who needs a healthy breakfast? Everybody does!



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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.

Answer Key

Breakfast Bonanza

Word Bank

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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:

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Eating **B R E A**K **F A S T** helps start your day off right!

Breakfast gives you **E N E R** G **Y**.

Eat smart, play H **A R D**!

A balanced breakfast is a **H E A L T H** Y breakfast.

Drinking **M** I **L K** gives you strong bones.

The grain group is the color **O R A** N **G E**.

P E A N U T B **U T T E R** is a good source of protein for breakfast.

Eating healthy is a **S M A R** T choice!



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