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 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
- MY PLATE
- BREAKFAST
- HARD ENERGY
- SMART
- HEALTHY
- BALANCED
- 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 _ _ _ _ _ _ _ _ _ .

_ _ _ _ _ _ _ _ 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!

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

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Answer Key

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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 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:**

**Balanced** 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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