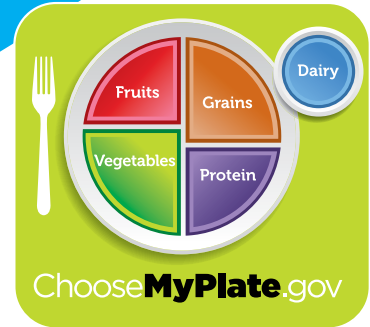
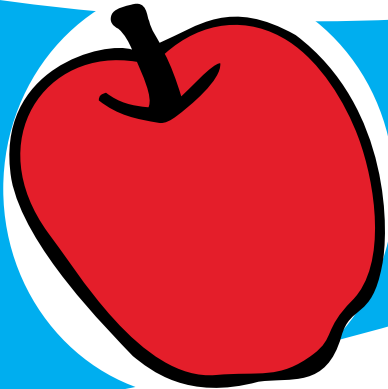


Who needs a healthy breakfast?

Everybody does!

MYPLATE HELPS YOU CHOOSE WHAT KINDS OF FOODS AND HOW MUCH TO EAT 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. 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 **SMART**
MYPLATE **HEALTHY**
BREAKFAST **BALANCED**
HARD **ORANGE**
ENERGY **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.

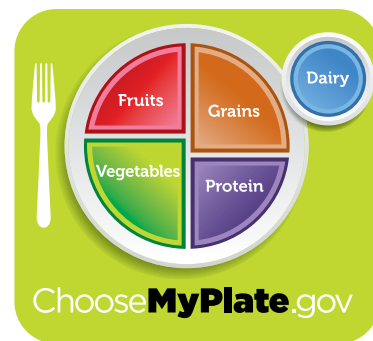
Drinking __ I __ gives you strong bones.

The grain group is the color __ N __.

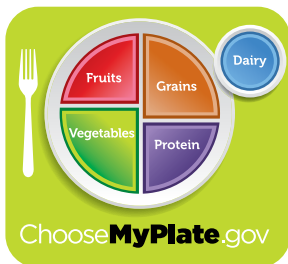
__ B __ is a good source of protein for breakfast.

__ A __ helps us choose healthy meals to eat.

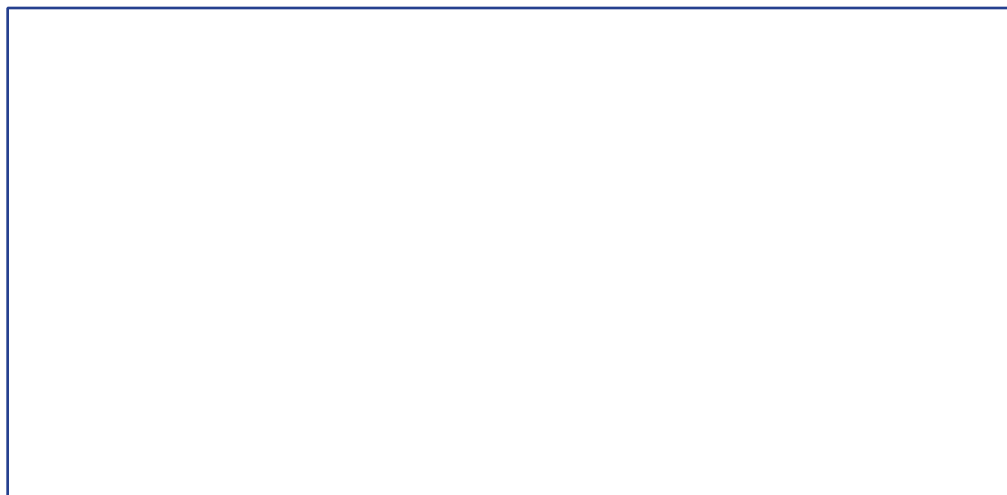
Eating healthy is a __ T choice!



DRAW A BALANCED BREAKFAST IN THE BOX!



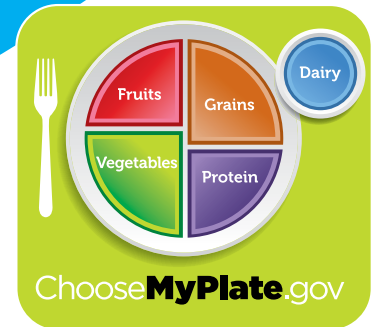
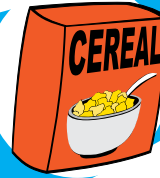
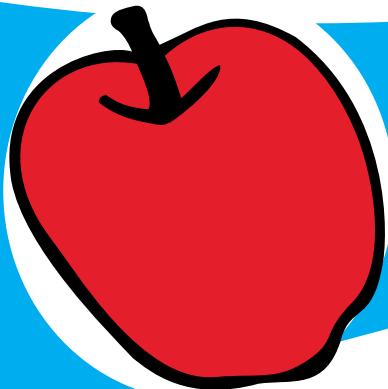
Julie Garden-Robinson, Ph.D., R.D., L.R.D.
 Food and Nutrition Specialist,
 and NDSU students from English 275
 Introduction to Writing Studies (2007):
 Kylie Pulczynski
 Frannie Nelson
 Evan Kolstoe



Who needs a healthy breakfast?

Everybody does!

MYPLATE HELPS YOU CHOOSE WHAT KINDS OF FOODS AND HOW MUCH TO EAT 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. 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 GRAINS Group; it gives you energy! These foods are often brown and baked in an oven.

Green is the VEGETABLE Group; it gives you vitamins and minerals. These foods can be green, white, orange or other colors.

Red is the FRUIT 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 DAIRY Group; it helps build strong bones and teeth.

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

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.

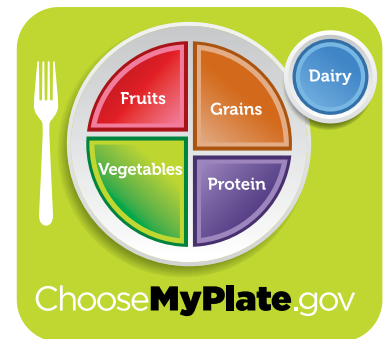
Drinking **MILK** gives you strong bones.

The grain group is the color **ORANGE**.

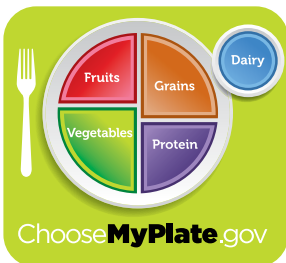
PEANUT BUTTER is a good source of protein for breakfast.

MYPLATE helps us choose healthy meals to eat.

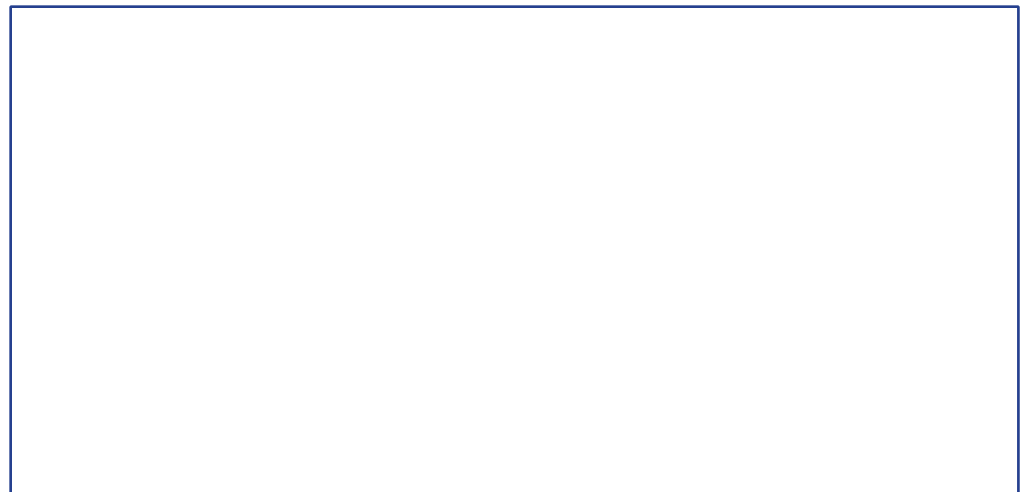
Eating healthy is a **SMART** choice!



DRAW A BALANCED BREAKFAST IN THE BOX!



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 Pulczynski
Frannie Nelson
Evan Kolstoe



The NDSU Extension Service does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, sex, sexual orientation, status as a U.S. veteran, race or religion. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708. This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881.