

# Choosing a Healthy Breakfast

Name \_\_\_\_\_

Starting the day with a healthy breakfast gives you energy to learn and play. Plan your healthy breakfast. Read the words on the menu. Look at the food pictures. Draw a line from the seven healthy breakfast choices to the matching picture.

## MENU

- ▶ 100% Fruit Juice
- Milk
- ▶ Soda
- Candy Bar
- ▶ Yogurt
- Banana
- ▶ Wheat Toast
- Oatmeal
- ▶ Donut
- Sweet Roll
- ▶ Egg
- Hash Browns



Yogurt



Sweet Roll



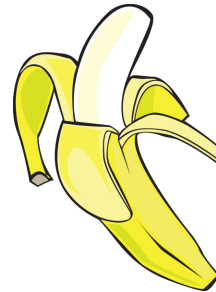
Donut



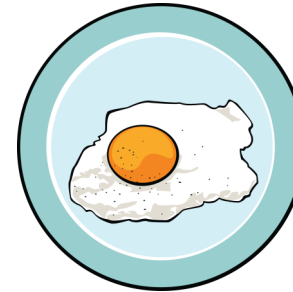
100% Fruit Juice



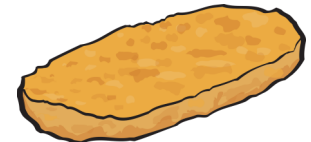
Candy Bar



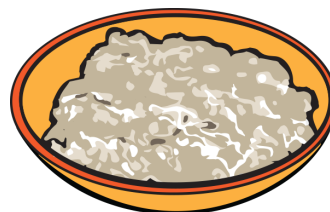
Banana



Egg



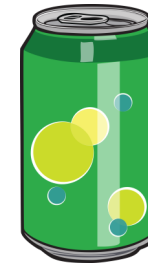
Hash Browns



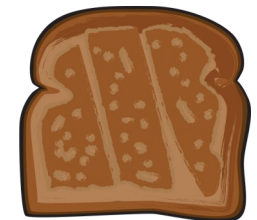
Oatmeal



Milk



Soda



Wheat Toast

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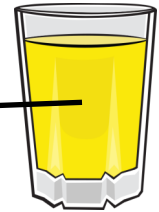
Yogurt



Sweet Roll



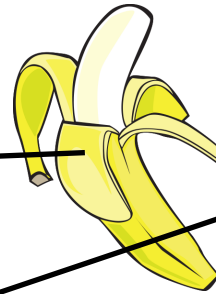
Donut



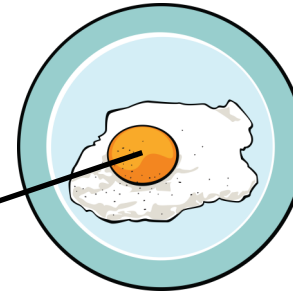
100% Fruit Juice



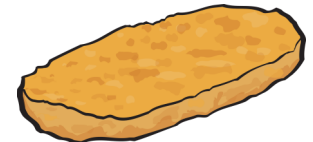
Candy Bar



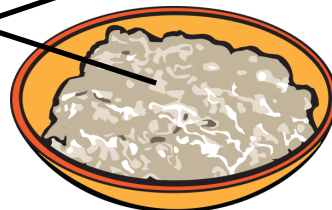
Banana



Egg



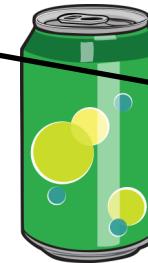
Hash Browns



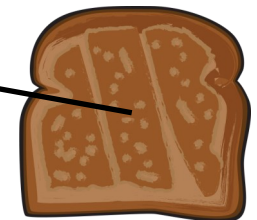
Oatmeal



Milk



Soda



Wheat Toast