



# ADDING UP A HEALTHY BREAKFAST

by Laureen Stewart



j u i c e

8 1 1 3 1

$$8 + 1 + 1 + 3 + 1 = 14$$



# ALPHABET PRICE LIST



a<sub>1</sub>

b<sub>3</sub>

c<sub>3</sub>

d<sub>2</sub>

e<sub>1</sub>

f<sub>4</sub>

g<sub>2</sub>

h<sub>4</sub>

i<sub>1</sub>

j<sub>8</sub>

k<sub>5</sub>

l<sub>1</sub>

m<sub>3</sub>

n<sub>1</sub>

o<sub>1</sub>

p<sub>3</sub>

q<sub>10</sub>

r<sub>1</sub>

s<sub>1</sub>

t<sub>1</sub>

u<sub>1</sub>

v<sub>4</sub>

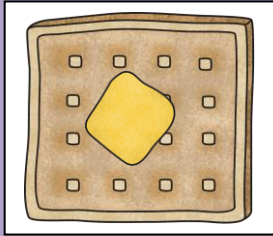
w<sub>4</sub>

x<sub>8</sub>

y<sub>4</sub>

z<sub>10</sub>

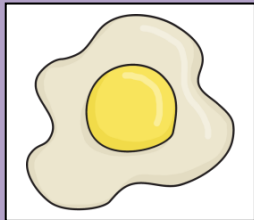
## MEAL #1



waffle



syrup

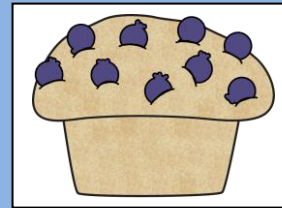


egg



juice

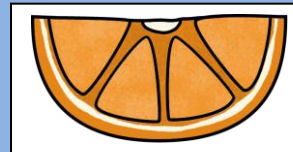
## MEAL #2



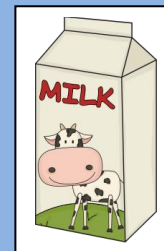
muffin



jam

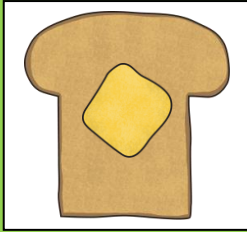


orange



milk

### MEAL #3



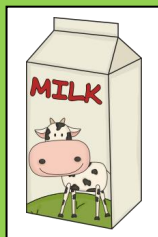
toast



cereal

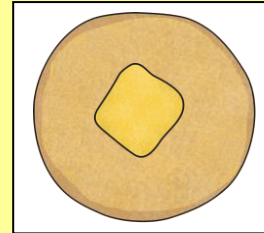


bacon



milk

### MEAL #4



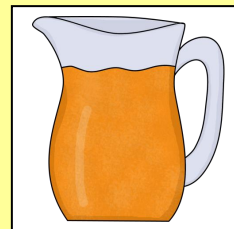
pancake



syrup

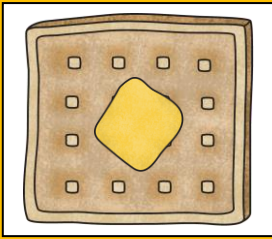


sausage



juice

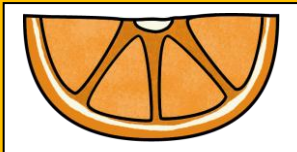
## MEAL #5



waffle



syrup



orange

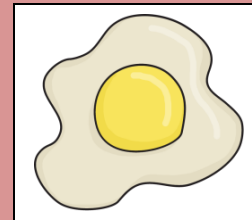


juice

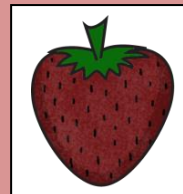
## MEAL #6



cereal



egg

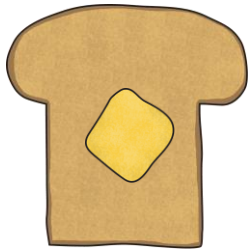


berries

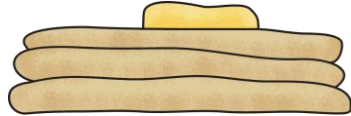


milk

# Create Your Own Meal



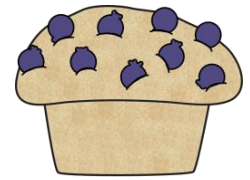
toast



pancakes



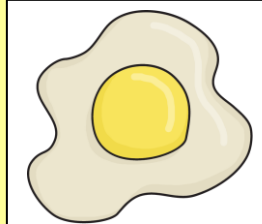
cereal



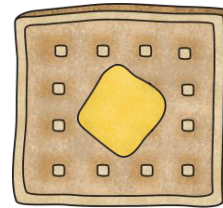
muffin



sausage



egg



waffle



orange



berries



jam



syrup



milk



juice



For an extra challenge add one of these to your station.



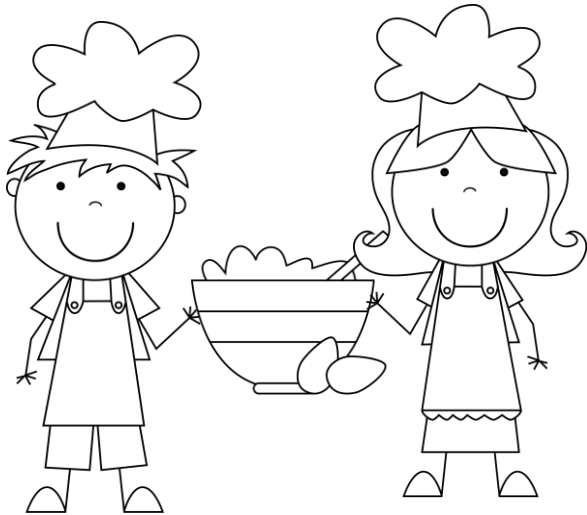
**Lunch special -  
All vowels are FREE!**



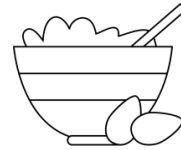
**Holiday prices -  
All vowels are double!**



# My Breakfast Menu Book



by \_\_\_\_\_



meal #1

waffle

$$\underline{4} + \underline{1} + \underline{4} + \underline{4} + \underline{1} + \underline{1} = \underline{15}$$

syrup

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

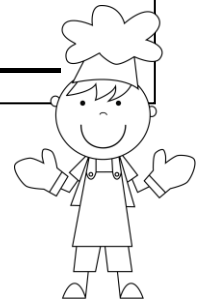
egg

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

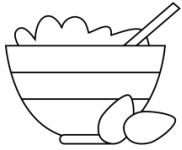
juice

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

total: \_\_\_\_\_







meal #2

muffin

\_\_+\_\_+\_\_+\_\_+\_\_+\_\_=\_\_

jam

\_\_+\_\_+\_\_=\_\_

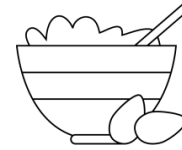
orange

\_\_+\_\_+\_\_+\_\_+\_\_+\_\_=\_\_

milk

\_\_+\_\_+\_\_+\_\_=\_\_

total: \_\_\_\_\_



meal #3

toast

\_\_+\_\_+\_\_+\_\_+\_\_=\_\_

cereal

\_\_+\_\_+\_\_+\_\_+\_\_+\_\_=\_\_

bacon

\_\_+\_\_+\_\_+\_\_+\_\_=\_\_

milk

\_\_+\_\_+\_\_+\_\_=\_\_

total: \_\_\_\_\_





meal #4

pancake

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

syrup

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

sausage

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

juice

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

total: \_\_\_\_\_



meal #5

waffle

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

syrup

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

orange

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

juice

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

total: \_\_\_\_\_





meal #6

cereal

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

egg

\_\_ + \_\_ + \_\_ = \_\_

berries

\_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ + \_\_ = \_\_

milk

\_\_ + \_\_ + \_\_ + \_\_ = \_\_

total: \_\_\_\_\_



create your  
own meal

total: \_\_\_\_\_



## Adding up a Healthy Breakfast

This work station activity combines literacy and math. It would be perfect to use during nutrition month.

### Directions:

Print and cut out the 6 menu cards, letter tile page and create your own menu page. Laminate for durability. Prepare one student mini-book for each child.

Students choose one of the six menu cards and find the coordinating page in their booklet. Using the letter tiles find the value of each letter and record in the booklet to create an addition sentence. There is an example on the first page of the booklet. At the bottom of each page there is a place for a total of the meal. The last page of the booklet has a place for students to create their own meal with four items.

For a challenge there are two optional cards included which could be used by the students.

Enjoy!

Laureen Stewart

graphics: [www.scrappindoodles.com](http://www.scrappindoodles.com)

