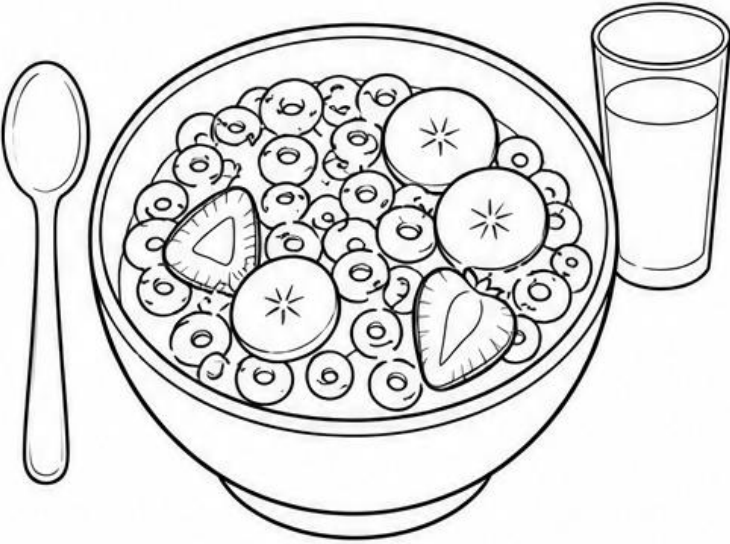


Healthy Breakfast Worksheet

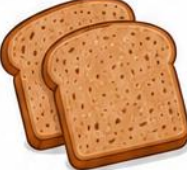
Look at the food pictures below. Write the names of four healthy foods that you will choose for your healthy breakfast.

My Healthy Breakfast





Food Options

 Whole-grain cereal	 Banana	 Apple	 Eggs	 Milk
 Yogurt	 Whole-grain toast	 Muffin	 Orange juice	 Bacon