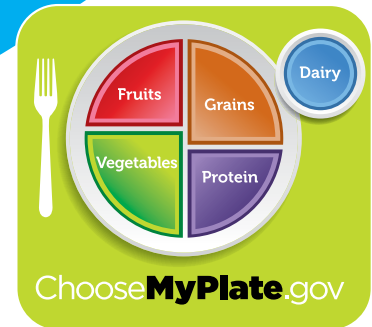
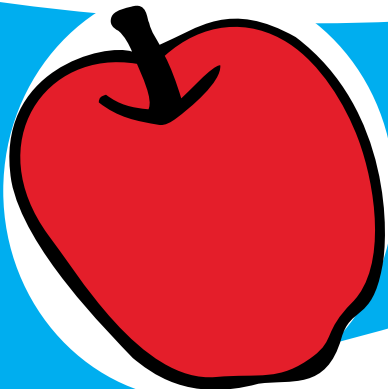


# Who needs a healthy breakfast?

## 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](http://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.

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**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  
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:

\_\_ 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.

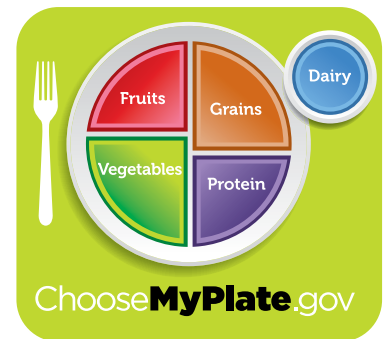
Drinking \_\_ I \_\_ \_\_ gives you strong bones.

The grain group is the color \_\_ \_\_ \_\_ N \_\_ \_\_.

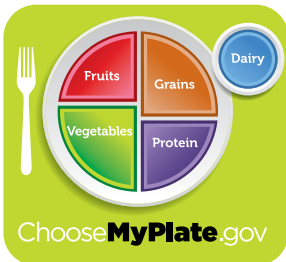
\_\_ \_\_ \_\_ B \_\_ \_\_ \_\_ is a good source of protein for breakfast.

\_\_ \_\_ \_\_ A \_\_ \_\_ helps us choose healthy meals to eat.

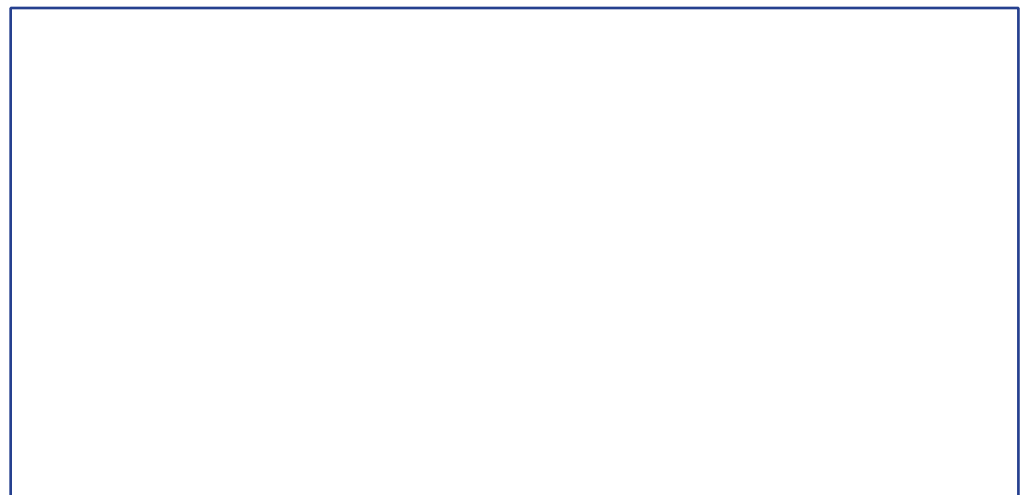
Eating healthy is a \_\_ \_\_ \_\_ T choice!



## DRAW A BALANCED BREAKFAST IN THE BOX!



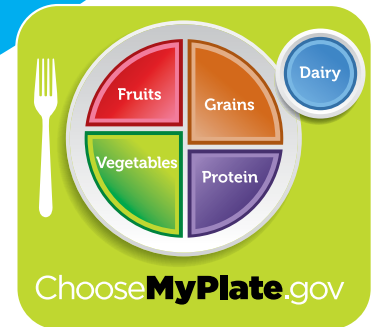
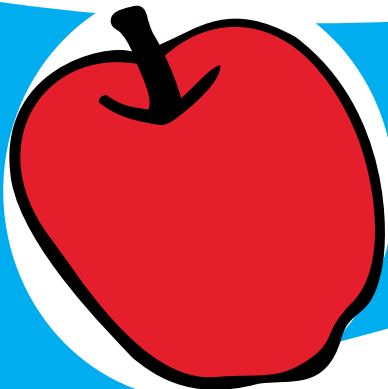
Julie Garden-Robinson, Ph.D., R.D., L.R.D.  
Food and Nutrition Specialist,  
and NDSU students from English 275  
Introduction to Writing Studies (2007):  
Kylie Pulczynski  
Frannie Nelson  
Evan Kolstoe



# 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

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**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**    **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  
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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.

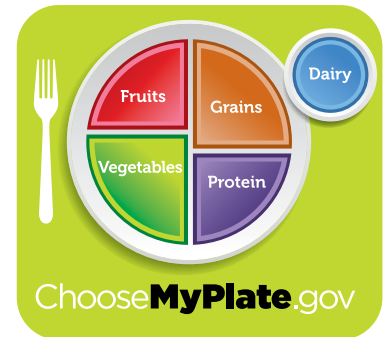
Drinking MILK gives you strong bones.

The grain group is the color ORANGE.

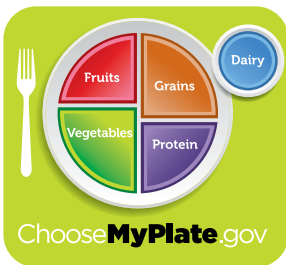
PEANUT BUTTER is a good source of protein for breakfast.

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  
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