

Fuel Your Body and Brain

How can you fuel your body in the morning?

Stand up or raise your arms
high if you would eat this for
breakfast.



Would you choose this for breakfast?

Stand up or raise your arms high if you would eat this for breakfast.



Would you choose this for breakfast?



Stand up or raise your arms high if you would eat this for breakfast.

Would you choose this for breakfast?



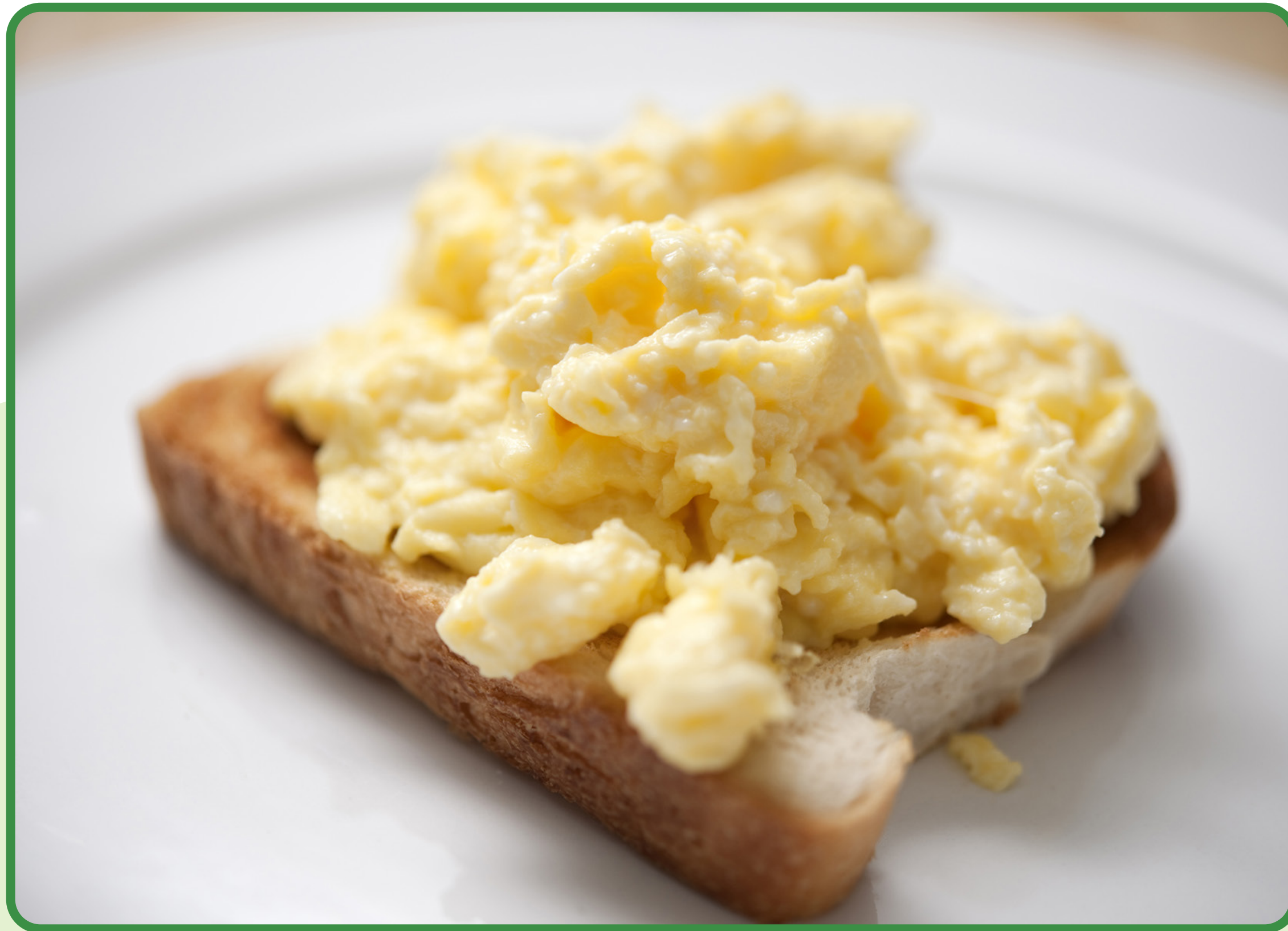
Stand up or raise your arms high if you would eat this for breakfast.

Would you choose this for breakfast?

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Would you choose this for breakfast?



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Breakfast is your first meal of the day. Make it great!

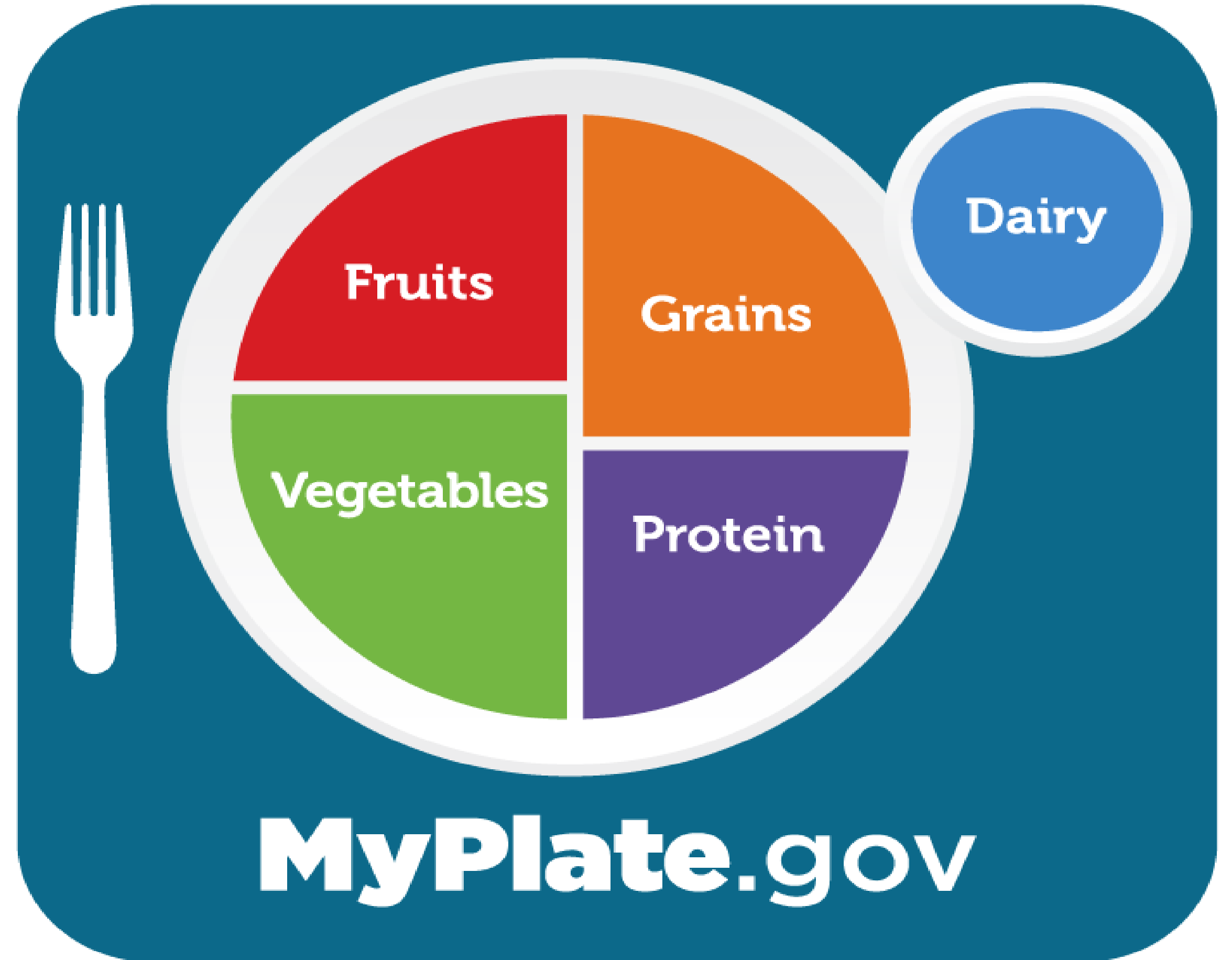
What will you choose?



Choosing a healthy
breakfast means you
start your day with
nutritious fuel!

Choose Healthy Food

Tools such as **MyPlate** help you to make nutritious food choices for breakfast and all day long!



Fill in the blanks.

_____ IS FUEL TO POWER YOUR BODY AND BRAIN.

Your Food Choices



Write or draw what you would like to eat for breakfast tomorrow morning.

Name _____

MyPlate Meal

Make your plate a rainbow with foods of different colors and from different food groups. Write or draw nutritious foods you enjoy in each section of the MyPlate below.

Fruits

Vegetables

Grains

Protein

Dairy

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