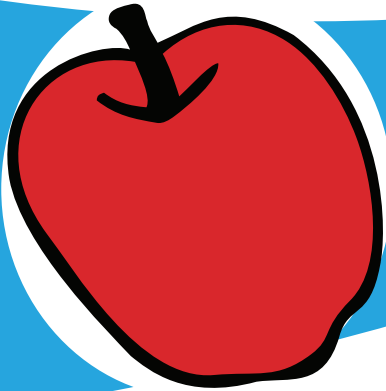


# Who needs a healthy breakfast?

## Everybody does!

**MYPYRAMID 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.

- Grain (cereal, toast)
- Veggies (carrots, celery)
- Fruit (banana, orange juice)
- Milk (cheese, yogurt)
- Meat & Beans (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.mypyramid.gov](http://www.mypyramid.gov) and click on "Inside MyPyramid" to find the answers. To print your own healthy eating plan, click on "MyPyramid 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.

**Green** is the \_\_\_\_\_ group; it gives you vitamins and minerals. These foods can be green, white, orange or other colors.

**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!

**Yellow** stands for \_\_\_\_\_; it gives you energy. You don't need a lot of oil in your diet.

**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 SMART  
 MYPYRAMID 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  
 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 Y B F J R A A  
 F B G X R L W U I G R L  
 F E F A D W A S T Y T T  
 A W M 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 \_\_\_.

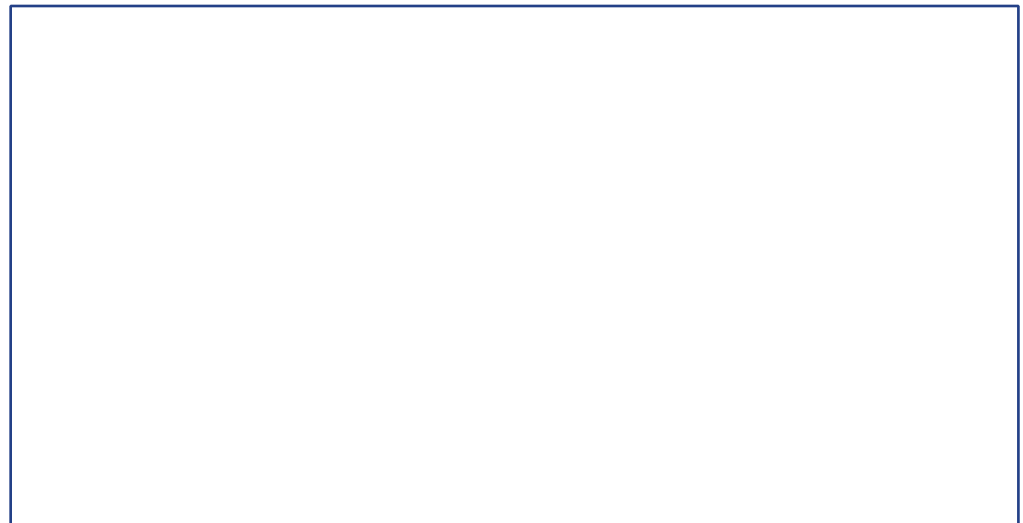
\_\_\_ B \_\_\_ is a good source of protein for breakfast.

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

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



## DRAW A BALANCED BREAKFAST IN THE BOX!

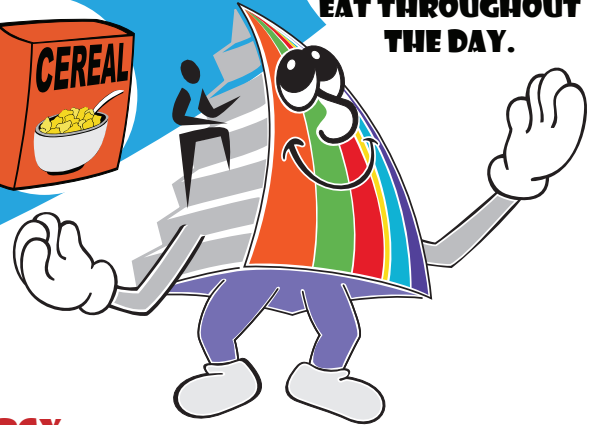
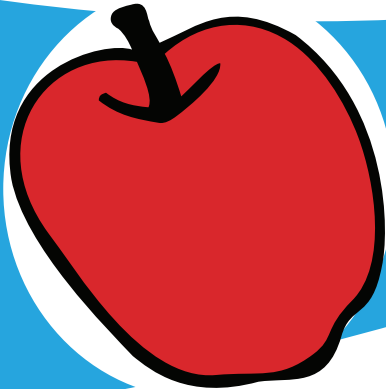


Julie Garden-Robinson,  
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 and NDSU students from English 275  
 Introduction to Writing Studies:  
 Kylie Pulczynski  
 Frannie Nelson  
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**Purple** is the MEAT & BEANS group; it helps build strong muscles. Some of this food comes from animals and some comes from plants.

# Answer Key

# Breakfast Bonanza

## Word Bank

**PEANUT BUTTER**    **SMART**  
**MYPYRAMID**        **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
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	Y	B	F	J	R	A	A
F	B	G	X	R	L	W	U	I	G	R	L
F	E	F	A	D	W	A	S	T	Y	T	T
A	W	M	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.

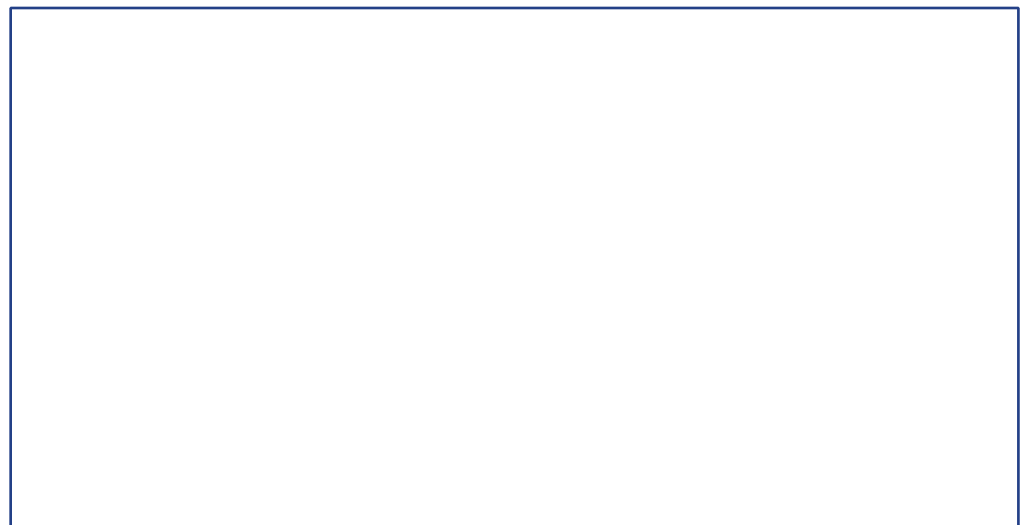
PEANUT BUTTER is a good source of protein for breakfast.

MYPYRAMID helps us choose healthy meals to eat.

Eating healthy is a SMART choice!



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