

Name \_\_\_\_\_ Date \_\_\_\_\_

# Ever Missed Your Breakfast?

Misty missed her breakfast,  
Now she's grumpy, tired and restless.  
When the teacher started reading,  
She said, "That's not what I'm needing!"  
Then Misty began to mutter,  
I want two eggs, toast and butter."



☐ Why do you think that Misty missed her breakfast?

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☐ What would you tell Misty about eating breakfast?

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☐ What do you like best about breakfast?

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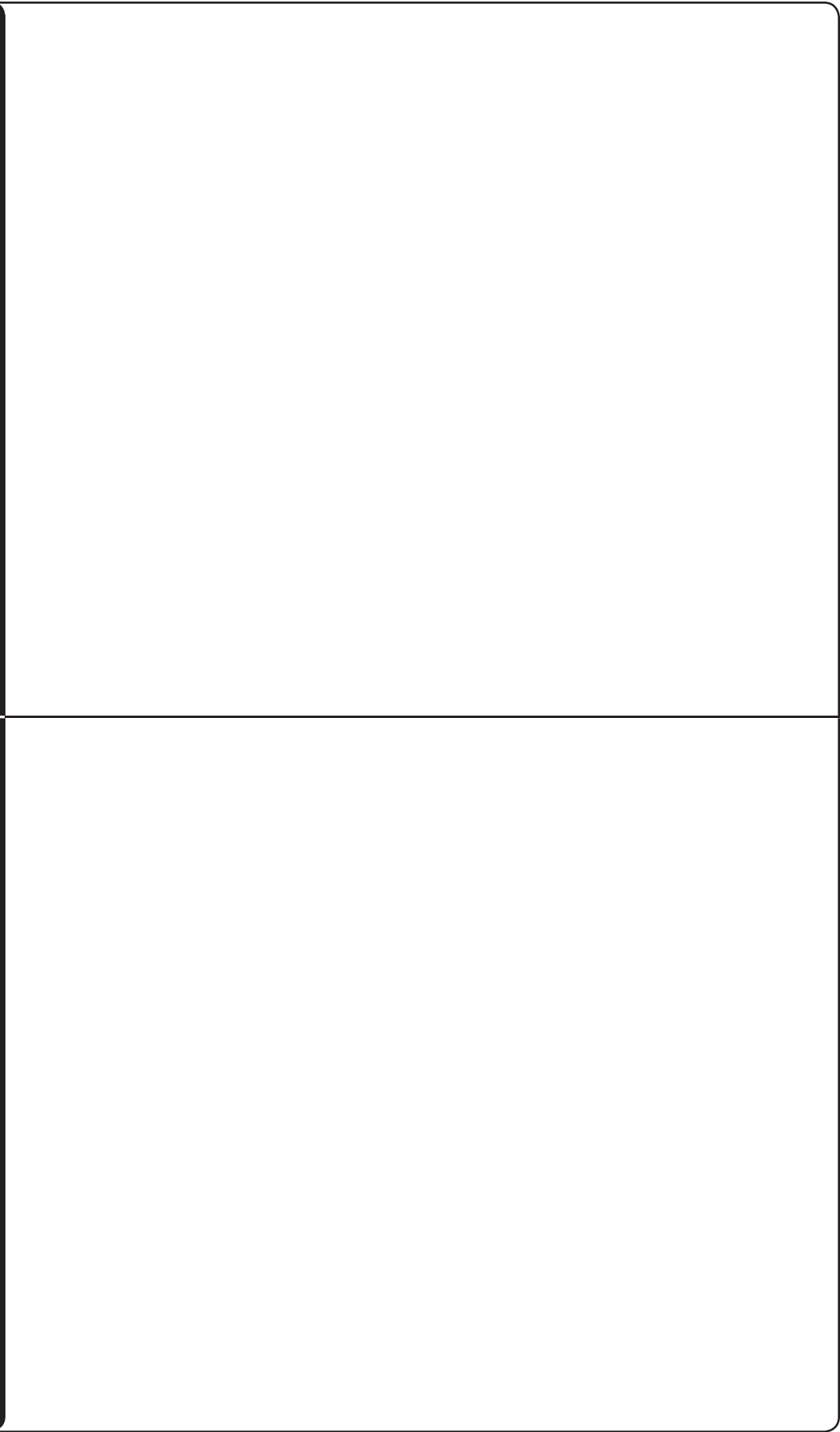
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Name \_\_\_\_\_ Date \_\_\_\_\_

**Draw a picture of your favorite breakfast  
and label the foods:**

**Draw a picture of how you feel after you  
eat your favorite breakfast:**

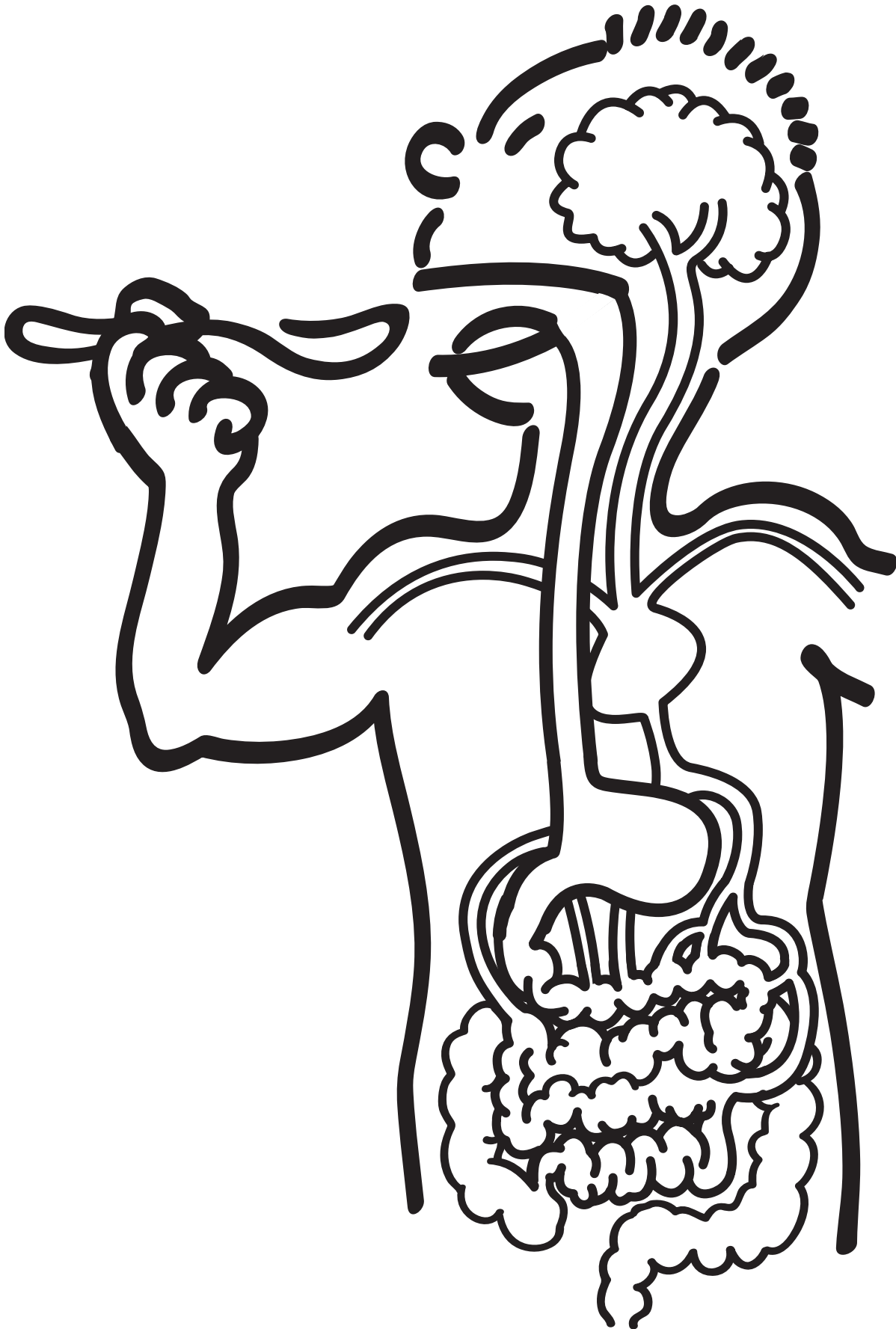


# Breakfast Feeds Your Brain

## Teacher Page/Overhead

### Discuss with students:

- ▣ Have you ever wondered how the food you eat gets to your brain? After you swallow the food, it goes into your stomach and intestines. The food gets broken into very small pieces (called nutrients) and is absorbed into your bloodstream. The blood carries these nutrients to your brain, heart, big toe and all parts of your body! The part of your food that your body doesn't use passes out when you go to the bathroom.
- ▣ Using the overhead diagram on the next page, show students the path of the food as it moves through the body, up to the brain and out of the body through the intestines.

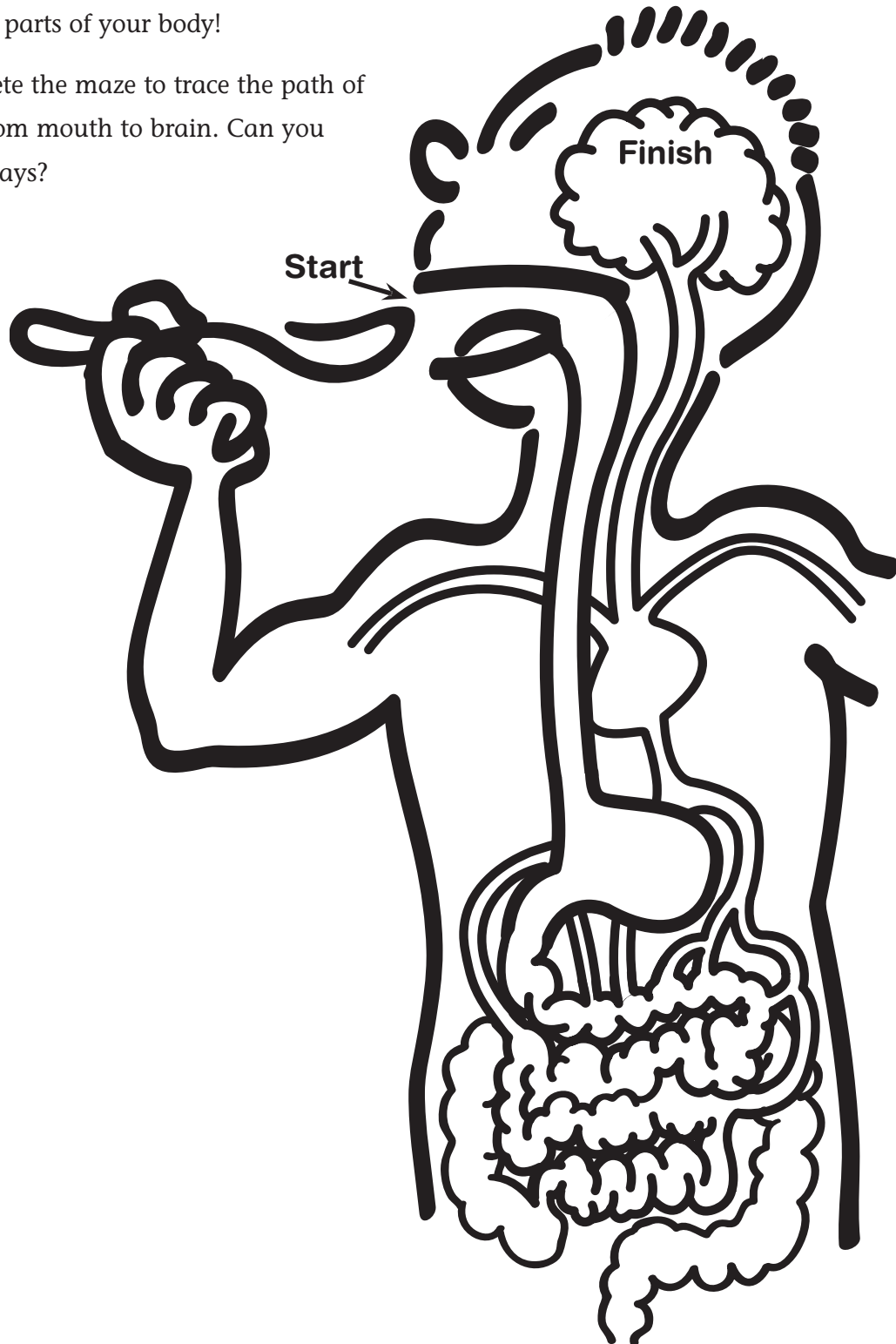


Name \_\_\_\_\_ Date \_\_\_\_\_

## From Mouth to Brain ~ It's a-maze-ing!

▣ Have you ever wondered how the food you eat gets to your brain? After you swallow the food, it goes into your stomach and intestines. The food gets broken into very small pieces and is absorbed into your bloodstream. Finally, the blood carries the food to your brain, heart, big toe and all parts of your body!

▣ Complete the maze to trace the path of the food from mouth to brain. Can you find four ways?

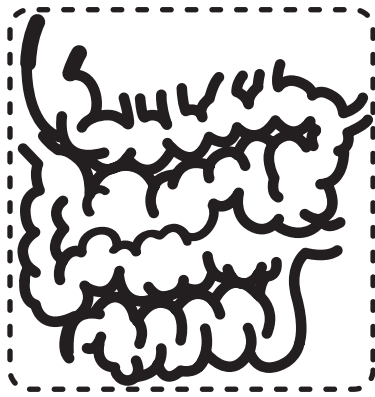


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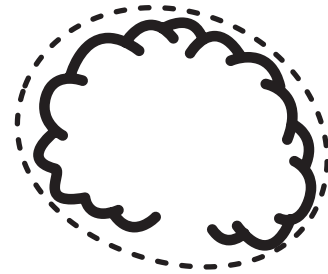
# Breakfast Feeds Your Brain

## Directions:

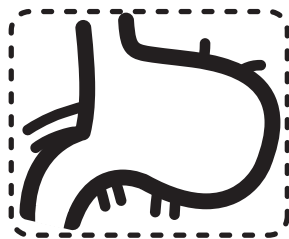
1. Draw pictures of breakfast foods in the circle.
2. Color the blood vessels in the boy's body **red**.
3. Cut out the boy's brain, stomach, esophagus and intestines. Paste them in the right place inside his body.
4. Use a **green** crayon to trace the path of the food through the body and up to the brain.
5. Use a **brown** crayon to show the food that will go out of his body.



Intestines



Brain



Stomach



Esophagus

Name \_\_\_\_\_ Date \_\_\_\_\_

Breakfast

