

(Almost) Any Food Is Breakfast Food

Many foods are good to eat for breakfast. Some foods are not as good for you. Can you figure out which of the foods below can be part of a healthy breakfast?

Directions:

1. Circle the foods below that can be part of a healthy breakfast.
2. Cross out the foods that are not good choices for a healthy breakfast.
3. Draw a big red "G" on the items that only a goat would nibble on!



Draw your favorite breakfast food:

All Aboard for Breakfast!

The breakfast train is full of fuel,
 To feed kids on their way to school.
 Get on board for food and drink
 To wake you up and help you think.

