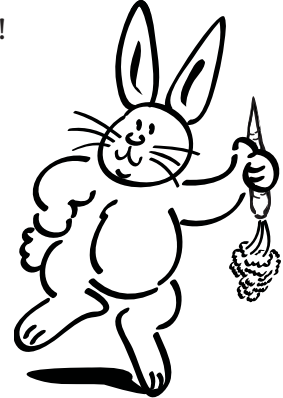


Name _____ Date _____

Vegetables for Breakfast?

Vegetables for Breakfast? That does not make sense!
Except for the bunny sneaking under the fence,
Who nibbles on spinach and munches a beet.
Carrots, tomatoes and broccoli he'll eat!
But I'm just a kid, not a silly bunny.
Eating plants in the morning seems quite funny!



BUT WAIT...

On second thought, maybe kids **do** eat vegetables for breakfast!
The pictures below show four yummy breakfasts.
Can you find and circle the vegetable in each picture?

<p>Omelet with broccoli, toast and orange juice</p> An illustration of a breakfast meal. It includes a plate with an omelet, a slice of toast, and a small portion of broccoli. Next to the plate is a glass of orange juice.	<p>Carrot pancakes with carrots on the side and a glass of milk</p> An illustration of a breakfast meal. It includes a plate with a stack of pancakes, a few sliced carrots, and a glass of milk.
<p>Tomato juice, grits and cheese slices</p> An illustration of a breakfast meal. It includes a plate with a serving of grits, a slice of cheese, and a small portion of tomatoes. Next to the plate is a glass of tomato juice.	<p>Vegetable pizza with a glass of grape juice</p> An illustration of a breakfast meal. It includes a plate with a slice of vegetable pizza and a glass of grape juice.

What's YOUR favorite vegetable for breakfast? Draw it below.

Name _____ Date _____

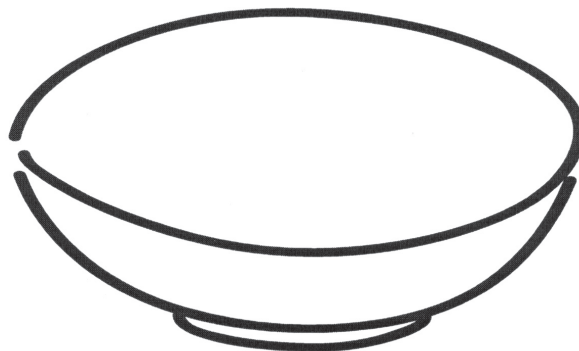
My Own Fruit Bowl

Different fruits often are mixed and eaten together. The different colors and shape of the pieces look very nice. If you could make your very own bowl of fruit, what type of fruits would you include?

Directions:

1. Draw pictures of the fruits you would use in the boxes.
2. In the bowl at the bottom, draw a picture of all of the fruits mixed together.
3. Ask an adult if you can make this salad at home!





My Fruit Bowl

Start Smart Eating & Reading – Module Three: On the Way to “5-A-Day”