

# 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?

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.

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

What will you choose?

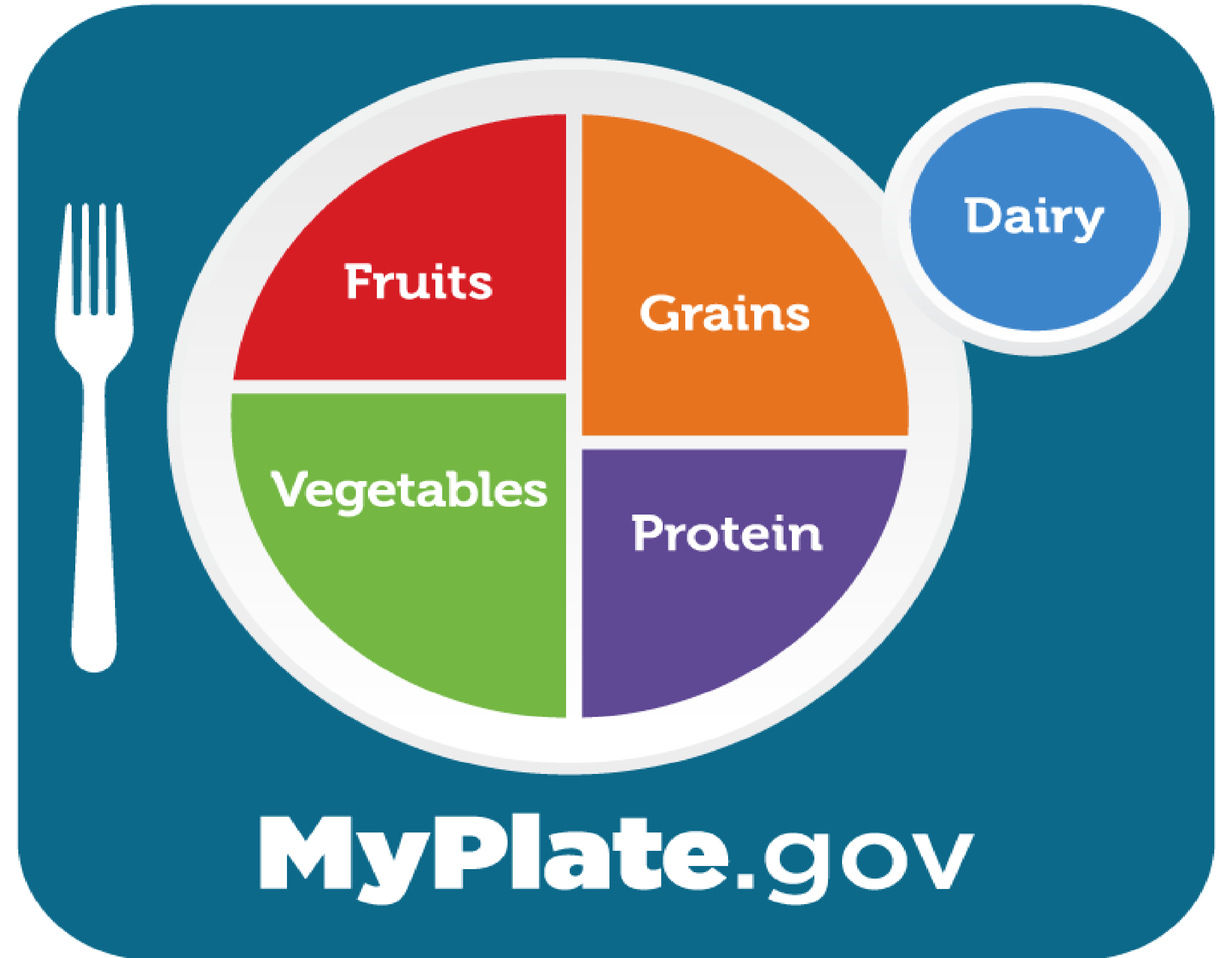


Choosing a healthy breakfast means you start your day with nutritious fuel!



# 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

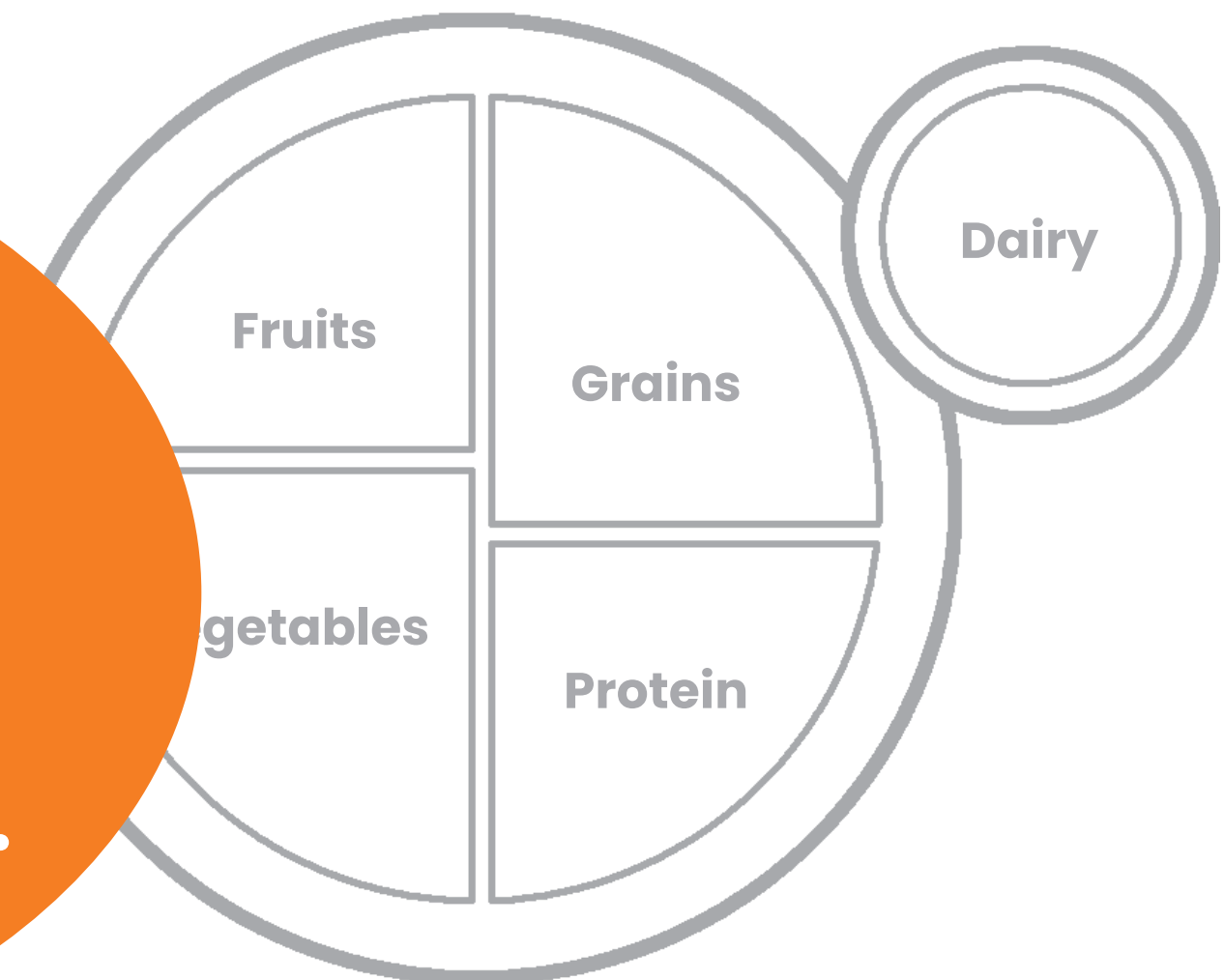


Write or draw what you would like to eat for breakfast tomorrow morning.

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.



*fit*<sup>TM</sup>  
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