

Answer Key

Breakfast Bonanza

Word Bank

PEANUT BUTTER
MYPLATE
BREAKFAST
HARD
ENERGY

SMART
HEALTHY
BALANCED
ORANGE
MILK

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.

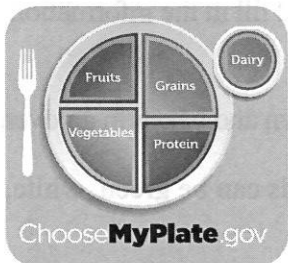
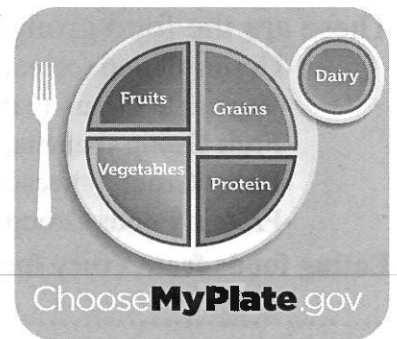
PEANUT BUTTER is a good source of protein for breakfast.

MYPLATE helps us choose healthy meals to eat.

Eating healthy is a SMART choice!

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 L B F J R A A
F B G X A L W N I G R L
F E F T D W A S T Y T T
A W E 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



DRAW A BALANCED BREAKFAST IN THE BOX!

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