


Name _____

Breakfast Builder

Write or draw what you will eat for breakfast tomorrow!



Name _____

Breakfast Makeover

Think about what you typically have for breakfast and draw it in the "Before" box. Now make a switch! Think of at least one thing to make your breakfast healthier and draw your new breakfast in the "After" box.

Before

After



Name _____

MyPlate

Think about what healthy foods you would like to eat at breakfast time.
Draw or write them in the correct section of the MyPlate below.



Name _____

Breakfast Checklist

Fill in each section on the bottom of the page with your favorite breakfast foods from each MyPlate category. Then use the check list to track what breakfast choices you make each day.

Monday Tuesday Wednesday Thursday Friday

- | | | | | |
|---------------|---------------|---------------|---------------|---------------|
| ___ Fruit | ___ Fruit | ___ Fruit | ___ Fruit | ___ Fruit |
| ___ Vegetable | ___ Vegetable | ___ Vegetable | ___ Vegetable | ___ Vegetable |
| ___ Protein | ___ Protein | ___ Protein | ___ Protein | ___ Protein |
| ___ Grain | ___ Grain | ___ Grain | ___ Grain | ___ Grain |
| ___ Dairy | ___ Dairy | ___ Dairy | ___ Dairy | ___ Dairy |
| ___ Water | ___ Water | ___ Water | ___ Water | ___ Water |

Fruits	Vegetables	Proteins	Grains	Dairy
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

