

# BREAKFAST ACTIVITIES



Name \_\_\_\_\_

Today's date is \_\_\_\_\_

The day of the week is \_\_\_\_\_

I have eaten breakfast \_\_\_\_\_ times this week

A fruit that I have eaten at breakfast this week is \_\_\_\_\_

My favorite breakfast this week has been \_\_\_\_\_

**DRAW A PICTURE OF YOUR FAVORITE BREAKFAST FROM THIS WEEK!**

## WORD SEARCH

HOW MANY HEALTHY BREAKFAST ITEMS CAN YOU FIND?

V O S B A N A N A M Y O T R S A E C D E  
F B K G N T Z A S E Z G X J A S X X V S  
A M W E P J L B V Q D X L C A M C D P A  
P M E G G S U G T W P Q W G H G M P X L  
L A T A F T O L G K C R Q R H A U N A R  
K X E O L V R S Y I A F O S Z K F S F F  
J L P A P O G B O M P O R M L B F W S R  
L E Z T S A P E A N P W A O G M I L K U  
M B B M B C E R E A L T N O A H N L F I  
B I U E N C K R V Y E O G T Y O G U R T  
D X L A L H E I Z S B A E H Q C B E I N  
W J T L Y C H E E S E S T I C K N C J Y  
N P D M E K V S Z F F T P E A R P T U B

## FILL IN THE BLANK

A HEALTHY BREAKFAST INCLUDES FRUIT OR VEGETABLES, GRAINS, AND PROTEIN. CAN YOU NAME THE FOODS BELOW?



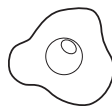
\_\_\_ \_ \_ K



\_\_\_ A N \_\_\_ \_ A



\_\_\_ P P \_\_\_ \_



\_\_\_ G \_\_\_



\_\_\_ R \_\_\_ \_ \_

**BONUS:** CAN YOU CIRCLE WHICH FOODS ARE FRUITS? CAN YOU UNDERLINE WHICH FOODS ARE GRAINS?