

Activity 2

Reproducible Master

Be a Breakfast Inspector!



Did you know that eating a healthy breakfast every day fuels you up for success in school? That's why we're asking you to take part in the National School Breakfast Week All-Star Challenge!

Inspect the nutrition facts information on your in-class breakfast items each day for a week. See how healthy your breakfast is. Keep score on this activity sheet to calculate the nutritional value of every day's breakfast.

Day _____

Breakfast item(s)	Calories	Fiber	Calcium
	Total _____	Total _____	Total _____

After breakfast I felt _____



Did you know that students who eat a healthy breakfast are more alert in class? And can concentrate better?



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