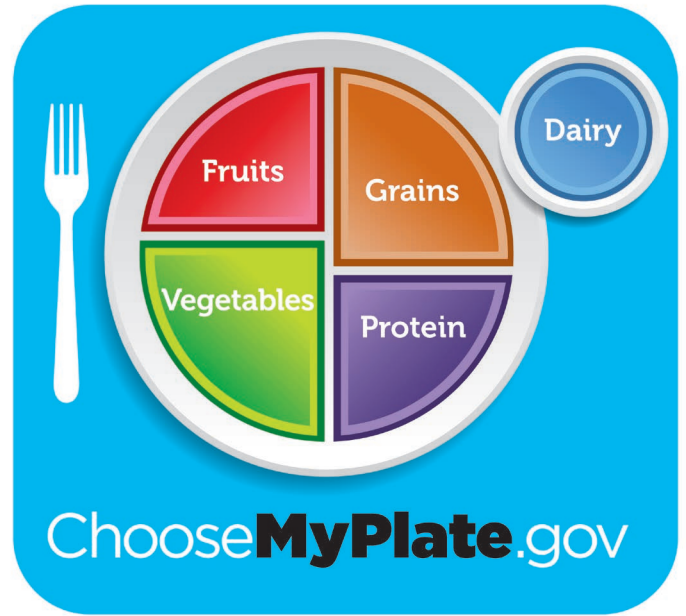


ASSIGNMENT 3: Operation Breakfast



Starting the day with a balanced breakfast doesn't just help you feel better. You think better and learn better, too! The MyPlate icon can help you remember what to include on your breakfast plate. Remember: These are just guidelines, so it's okay if you don't want veggies for breakfast. Just make sure you have them with another meal. The one thing you don't want to skip, however, is that glass of milk!

Which of the breakfasts pictured below do you think follows the MyPlate guidelines?

Breakfast 1 Yes No

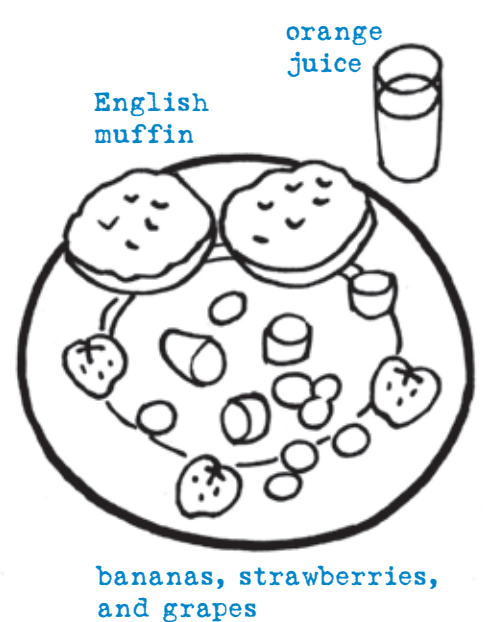
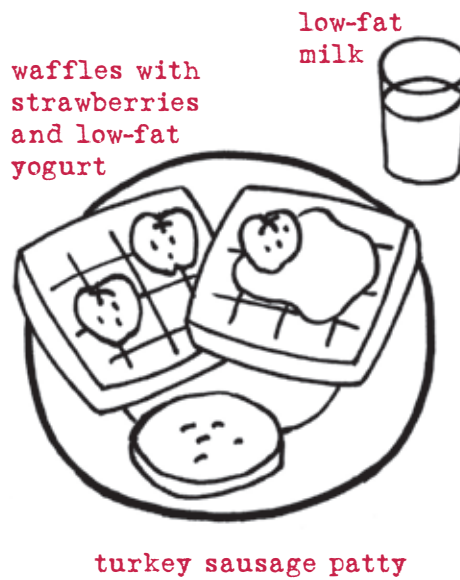
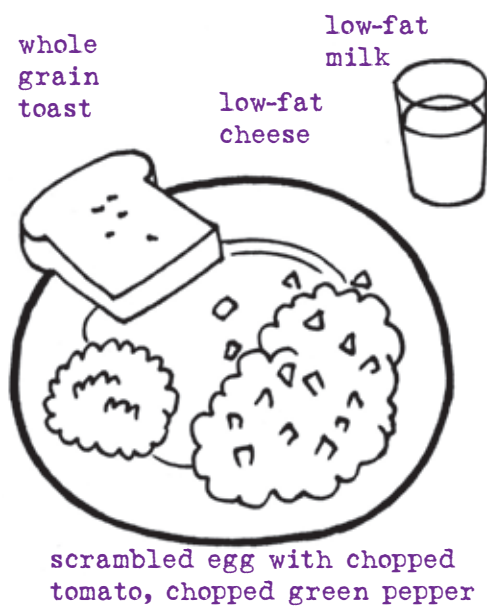
Why? _____

Breakfast 2 Yes No

Why? _____

Breakfast 3 Yes No

Why? _____



What did you have for breakfast this morning? Draw a picture of it on the back of this sheet. Next, think about how you could make that breakfast better. Draw a picture of your better breakfast below the picture of today's breakfast. You can try that one tomorrow!



TAKE-HOME ACTIVITY

With your parents, plan a breakfast menu that you would like to try. Write your menu in the space below and be prepared to share it with your class. Don't forget the milk!

ATTENTION PARENTS!

Start every day in a healthy way. Check out www.nationaldairyCouncil.org/recipes for information and tips.



AMERICAN DAIRY ASSOCIATION