



Kick Off the Day!

★ Reproducible Master

Eating a healthy breakfast gives your body energy and helps you stay focused, so you can do your best at school and at play! MyPlate helps you see how to plan your meals with healthy choices that include all five food groups.



Part 1: Circle the healthy breakfast choices from the pictures below.



PLAIN YOGURT WITH FRESH FRUIT



TACO WITH BEANS, CHEESE AND TOMATO



FRUIT ROLL-UPS



BANANA AND STRAWBERRY SMOOTHIE



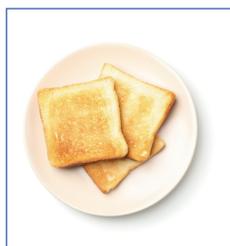
WHOLE GRAIN CEREAL WITH MILK



SPINACH AND CHEESE OMELET



CHOCOLATE MUFFIN



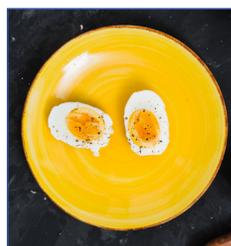
TOAST



GLASS OF MILK



ORANGE JUICE



HARD-BOILED EGG



CEREAL BAR

Part 2: Imagine that the Indianapolis Colts are going to have breakfast with you! These players need a nutritious breakfast to stay strong and play hard — just like you! What will you serve?

1. Plan menus for three different breakfast meals on a separate sheet of paper.
2. Each breakfast meal must include a dairy item and foods from at least two other MyPlate food groups.
3. Draw a picture and write a menu for each breakfast meal.

Parents and Caregivers,

Whether your child is attending school in person or remotely, a healthy breakfast can help them tackle their day, while physical activity can help them sustain focus and drive. Try these ideas:

- Eat together as a family. Mornings can be a challenge but sharing the first meal of the day together is a positive kick-off.
- Engage children in breakfast menu planning. Visit the MyPlateMyState resources at choosemyplate.gov/eathealthy/myplate-mystate/indiana.
- Schedule activity time so all members of the family get at least 60 minutes of physical activity daily.

Remember to keep moving!

Along with eating balanced meals — especially breakfast — staying physically active for at least 60 minutes each day helps keep you healthy and strong. This includes activities like bike-riding, running, sports, dancing, walking, and tossing a ball.

