



COOKING MATTERS PRESENTS

Breakfast Boost

Break for breakfast!

Take a few minutes to fuel up each morning at home or at school.

A balanced breakfast includes foods from at least 3 food groups. Think about the breakfast you ate this morning. What foods did it include? Which food groups do these foods belong to? Talk it over with a friend or write your answers below.

[Food I Ate]

[Food Group]

Ex: cereal

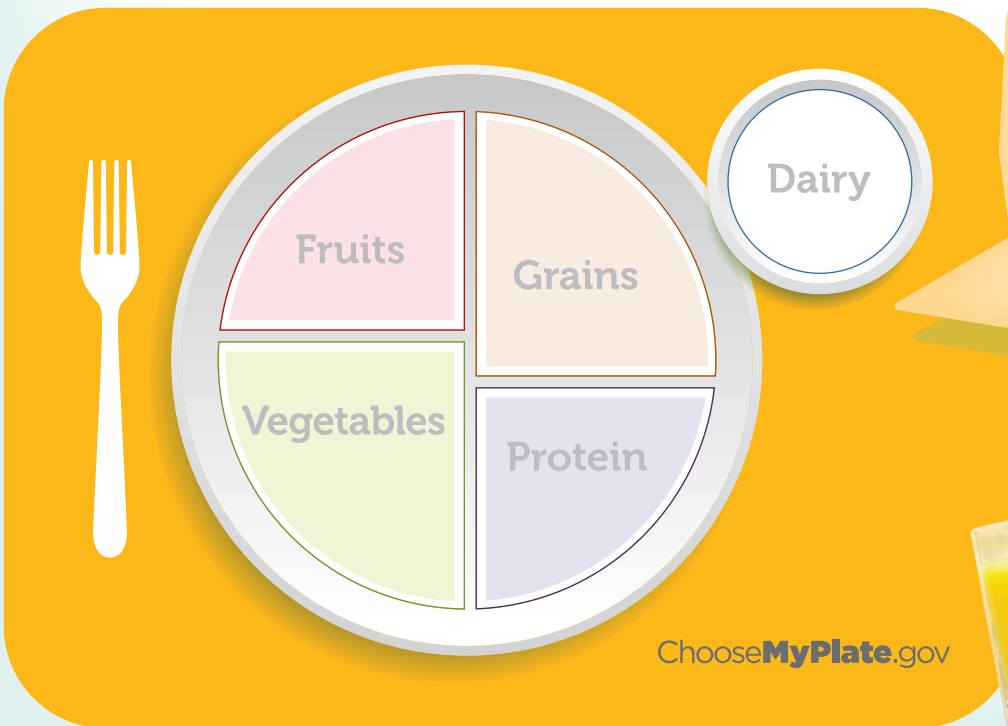
Ex: grains group

DID YOU KNOW?

Eating breakfast gives you energy to play and have fun all day long. It also helps you focus and do better in school.

Hint: You may need to think about each ingredient of some foods. For instance, a breakfast burrito may have beans, cheese, and a tortilla — all different food groups!

Now color in each food group you listed on the MyPlate picture below!



It's good to eat from every food group, every day!

Circle the food groups on the MyPlate picture that you still need to eat from today.

Write or draw in ideas of foods you might eat today from these groups!



Try making this quick and healthy breakfast at home on the weekend. Ask a friend or family member to join in on the fun!

Yogurt Parfait

Chef Joyce Roland • Seattle, Wash.

Serves 3, 1 parfait per serving

Prep time: 10 minutes • Cook time: None



Ingredients

2 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango

1½ cups nonfat plain yogurt

¾ cup granola

Optional Ingredients

1 Tablespoon sliced almonds

Materials

3 cups or bowls

Cutting board

Measuring cups

Measuring spoons

Sharp knife

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any extra juices. Cut fruit into ¼-inch thick slices. There should be about 1½ cups total.
2. Layer ¼ cup yogurt into each of 3 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit to sweeten low-sugar cereal the next morning. Or, eat it for an afternoon snack.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
260	4.5g	34g	90mg

DID YOU KNOW?

Most schools serve breakfast every day. Ask your teacher or principal about your school breakfast program.

Food group alert!

This healthy breakfast uses 3 food groups. Can you guess which ones? The answer is at the bottom of the page!

TIP: Wash and cut up your fruits the night before. Then make this easy breakfast the next morning in under 5 minutes!



DID YOU KNOW?

Not hungry when you wake up? You don't have to eat breakfast right away. Eat it within 1-2 hours of waking up.

Un-Scrambled Eggs

Like scrambled eggs for breakfast? You're not alone! See if you can un-scramble these popular breakfast foods below.

maotlea _____

rtuif _____

akpacens _____

teolmete _____

uygrot _____

raecel _____

atots _____

klmi _____

DID YOU KNOW?

The word breakfast means to "break the fast." You've been "fasting" since you ate dinner the night before! Get yourself going each morning with a healthy breakfast.

Un-Scrambled Eggs answers: oatmeal, fruit, pancakes, omelette, yogurt, cereal, toast, milk

Food Group Alert! answers: fruits, dairy, grains