



# Activity Page

## Fuel Your Brain with Morning Grains!

Student Name: \_\_\_\_\_

### Directions:

Did you know eating grains at breakfast gives you energy to start the day?

Kids who eat a healthy breakfast are able to think and learn better at school. They have more energy to play too!

Most kids need to eat 5-7 servings of grains every day. A serving of grains could be a slice of bread, 1/2 cup of oatmeal, rice, pasta, or 1 cup of dry cereal.

### Directions:

1. Circle the **grain** food in each of the breakfast menus listed below.

#### Breakfast 1:

Corn Flakes  
Blueberries  
1% milk



#### Breakfast 2:

Scrambled Eggs  
Whole Wheat toast  
apple sauce  
1% milk



#### Breakfast 3:

Small bran muffin  
yogurt  
strawberries



#### Breakfast 4:

breakfast burrito  
(eggs, salsa, and cheese  
wrapped in a corn tor-  
tilla)  
grapes



2. Draw a picture of your favorite breakfast. Be sure to include a grain!