

Lesson 5






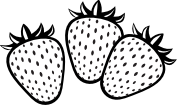
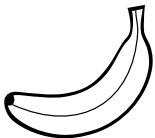
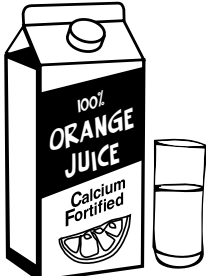


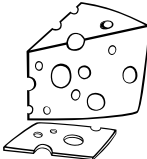
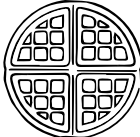

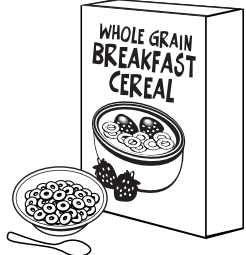
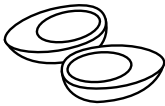
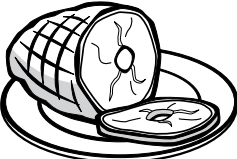



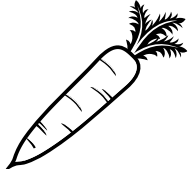
Breakfast Time!

Activity

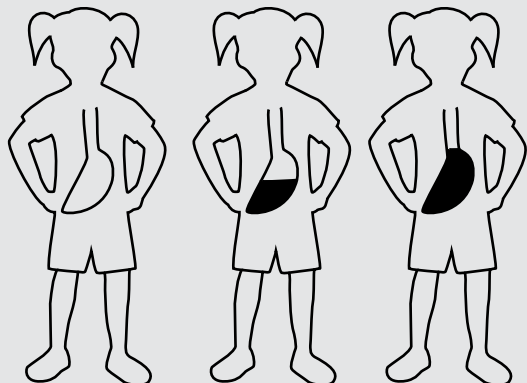
3

1. Pick a **Protein**, **Fruit**, **Grain**, and **Dairy** food to make breakfast.
Circle one choice in each group.

2. Circle a vegetable to eat as a snack.

 Fruits	 Dairy	 Grains	 Protein Foods	 Vegetables
  	  	  	  	  

How full does your tummy feel
before you eat breakfast?



How full does your tummy feel
after you eat breakfast?

