

FOOD WORKS

Key Messages

Eating breakfast helps you be more alert. It helps you study and learn.

People who eat breakfast usually feel better.

Any nutritious food is good for breakfast.

Breakfast

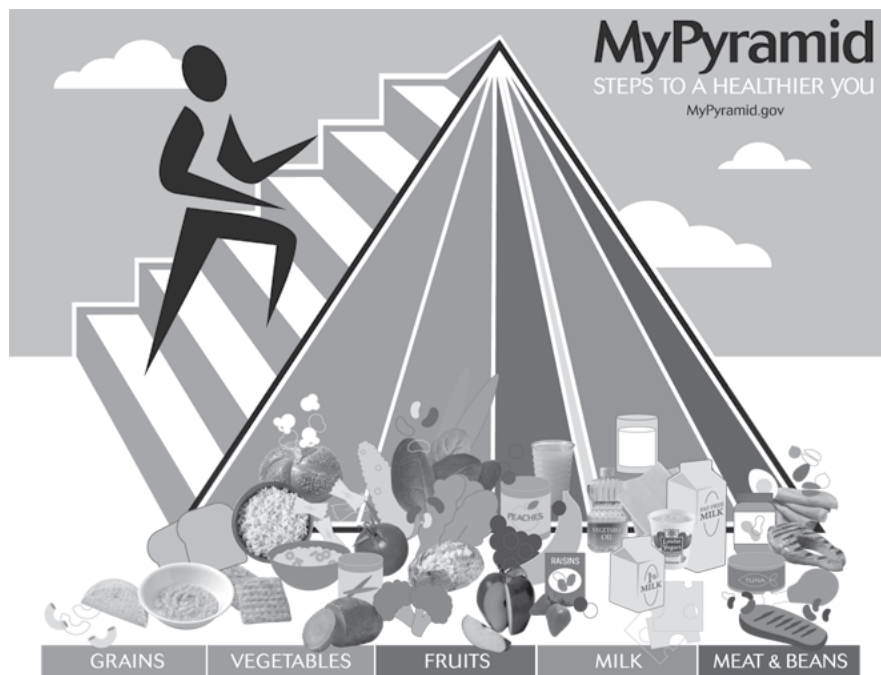
Breakfast = Break fast

The word "breakfast" means to "break the fast." When a person fasts, he or she goes without food. At breakfast time, you have probably gone without food for 10-14 hours (fasting) because you have been sleeping.

To function properly, your body needs food like a car needs gasoline. Gasoline gives a car the energy to run. Likewise, food gives you the energy to play and learn.

Choose breakfast foods from the five pyramid food groups.

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**Any Nutritious Food You Enjoy Is
Good for Breakfast.
You Might Like to Try**

- Leftover pizza
- Sandwiches
- Soups
- Lowfat cottage cheese with fruit



**A Healthy Breakfast Gives You Nutrients You Need.
Choose a Variety of Different Foods.**



- Tortillas and beans with salsa on the side
- Cereal and milk with banana slices
- Rice with milk and fruit
- Scrambled eggs and potatoes

**If You Don't Have Time for Breakfast
at Home — Take Something with You.**

- Yogurt and fruit
- Crackers and cheese
- Sandwiches
- Fresh fruit
- Dry cereal



Grain Group

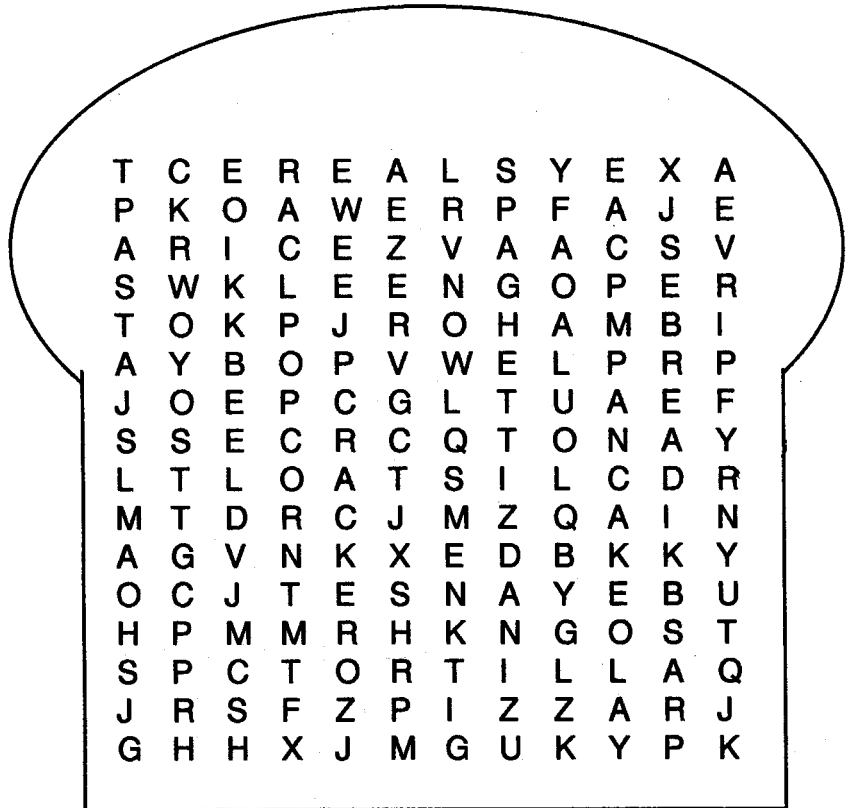
Grain foods can be a quick and healthy breakfast. Try to eat fruit and milk with them.

Eat 6-11 ounces of grain products each day. Be sure to include whole-grain foods.

Can you find the 10 foods from the Grain Group hidden in this slice of bread? All words are written from left to right or top to bottom.

Grain Group Foods

- Bread
- Cereal
- Cracker
- Pancake
- Pasta
- Pizza
- Popcorn
- Rice
- Spaghetti
- Tortilla



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