

# 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**



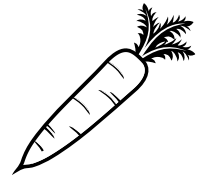
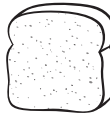
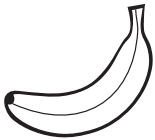
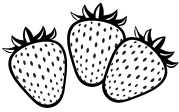
**Grains**



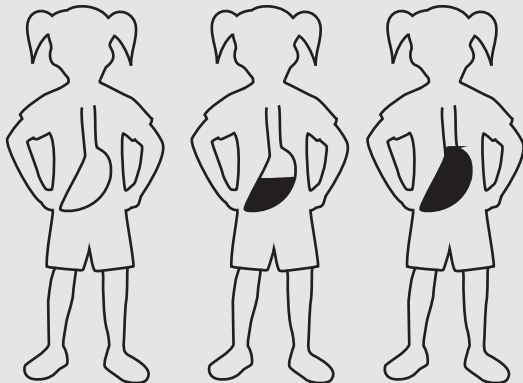
**Protein Foods**



**Vegetables**



How full does your tummy feel  
**before** you eat breakfast?



How full does your tummy feel  
**after** you eat breakfast?

