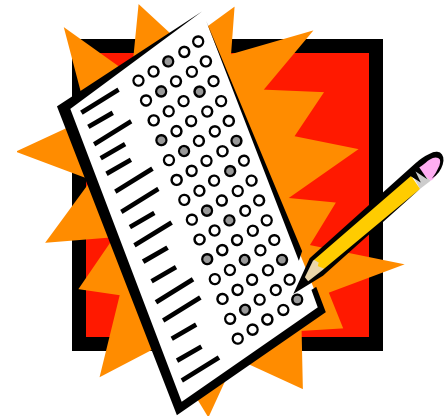


Why is breakfast important?

It helps you concentrate

It gives you energy

It helps you do better on tests



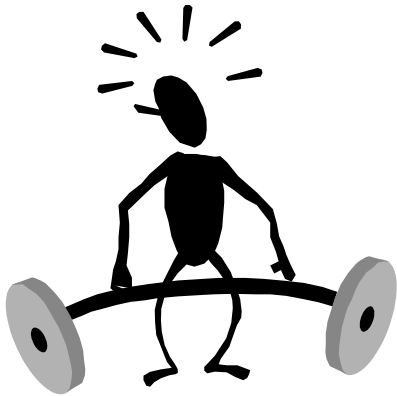
Revised August 2013

What happens when you skip breakfast?

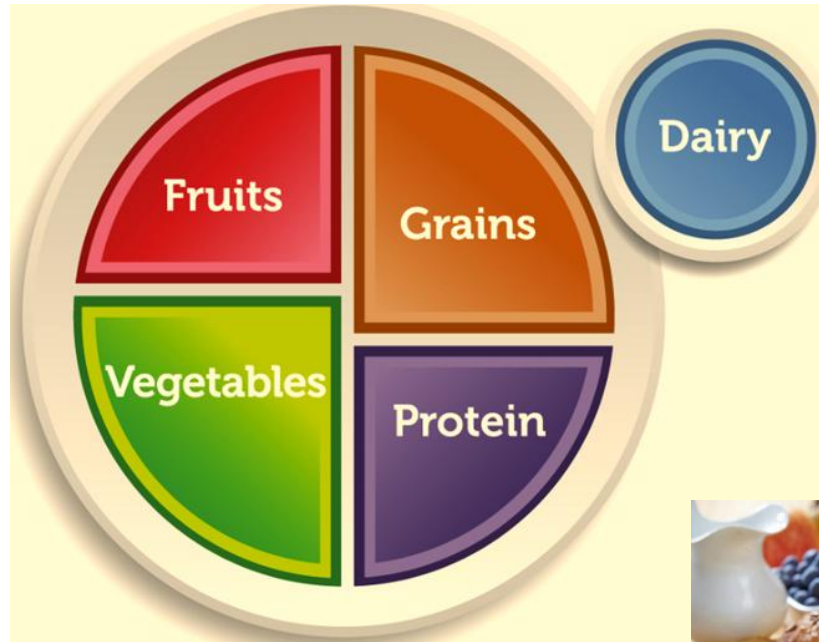
You may feel weak.

You may have a hard time concentrating.

You may get a headache.



What's in a healthy breakfast?



What foods may slow you down?

Sugary foods

Foods high in unhealthy fats



Photo courtesy of Sam Love

Group 1

No Time for Breakfast



- Annie stays up late at night and sleeps late in the morning.
- No time for a sit down breakfast

Group 2

Likes Slow Foods for Breakfast



- David loves sugary cereals – the more sugar and color the better!
- David gets sleepy in school before lunch.

Group 3

Doesn't Like Cereal

- Sandy doesn't like cereal.
- She wants to eat healthy breakfasts before school.

