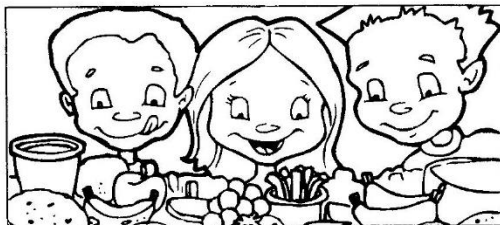


Breakfast

Breakfast should be your first meal of the day. The last meal you have is at night. While you are asleep your body does not get any food. If you don't have a good breakfast, it is hard for your body to get energy.



1. Do you have breakfast every morning? yes no

2. Draw what you eat for breakfast. 3. Do you think you eat a healthy breakfast?

yes no

4. Tick how you would feel if you didn't have breakfast.

Tired Grumpy

Full Sad

Sick

Happy



5. Most people eat different foods for breakfast, lunch and dinner. Print a B for breakfast, L for lunch or D for dinner for each of these foods.

