

## Breakfast Skippin' Blues Activity / Primary Elementary

Sir Rebrum is having Sara Bellum over for breakfast tomorrow morning. He wants to be sure he has lots of *OrganWise* breakfast options from which to choose. Help him plan what to buy at the grocery store by listing or drawing 5 items he should purchase. Then answer the questions.

### Breakfast shopping list

1.

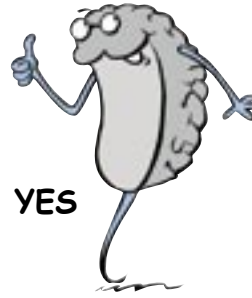
2.

3.

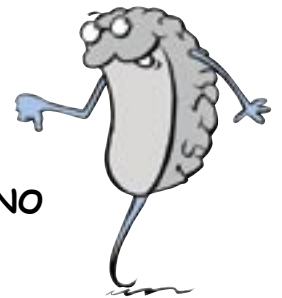
4.

5.

1. Did you eat breakfast today?



YES



NO

2. Draw a picture below of what you had for breakfast today. (If you didn't eat breakfast, draw a picture of what you want to eat for breakfast tomorrow.)





Sir Rebrum is very interested in what you eat for breakfast. He has listed some of his favorite choices below. Write or draw in the box what you eat for breakfast each day. Remember, breakfast is the most important meal of the day!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

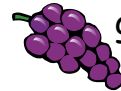
**Some healthy, delicious breakfast choices are:**



low-fat chocolate milk



yogurt



grapes



bagel & low-fat cream cheese



watermelon



oatmeal



bananas



eggs



pineapple



cereal



toast



pear

orange juice

