

## Breakfast Skippin' Blues Activity / Upper 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 10 items he should purchase. Then answer the questions.

### Breakfast shopping list

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

1. What was your favorite part of *Breakfast Skippin' Blues* and why?

2. What important lesson did you learn from the show and how do you plan to use it in your life?

3. What did you eat for breakfast today?

4. Do you think it was a healthy breakfast? Why or why not?





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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

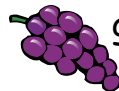
**Some healthy, delicious breakfast choices are:**



low-fat chocolate milk



yogurt



grapes



bagel & low-fat cream cheese



watermelon



oatmeal



bananas



eggs



pineapple



cereal



toast



pear

orange juice

