

Breakfast



Created by: Communications 2U
Images: Jupiter 2008

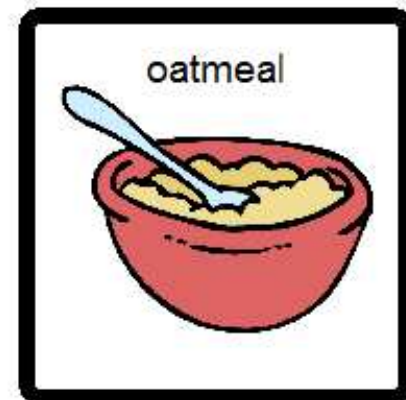




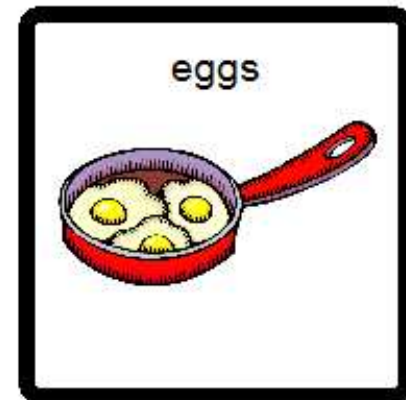
Breakfast is called "the most important meal of the day". A good breakfast fuels you up and helps get you ready for the day.



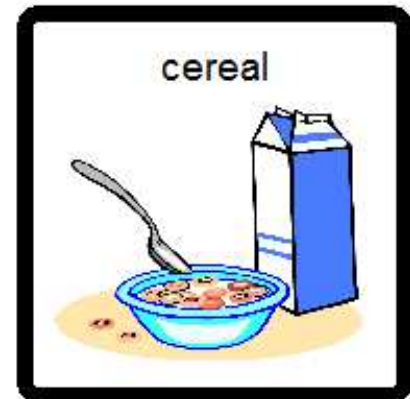
There are many different things you can eat for breakfast.
What are some healthy foods you can eat for breakfast?



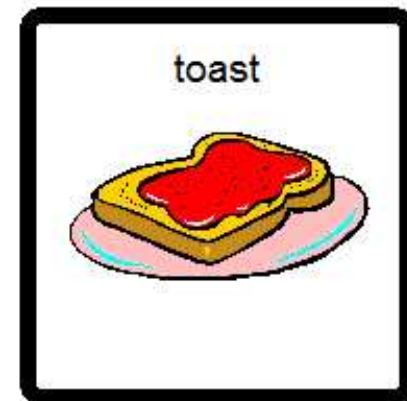
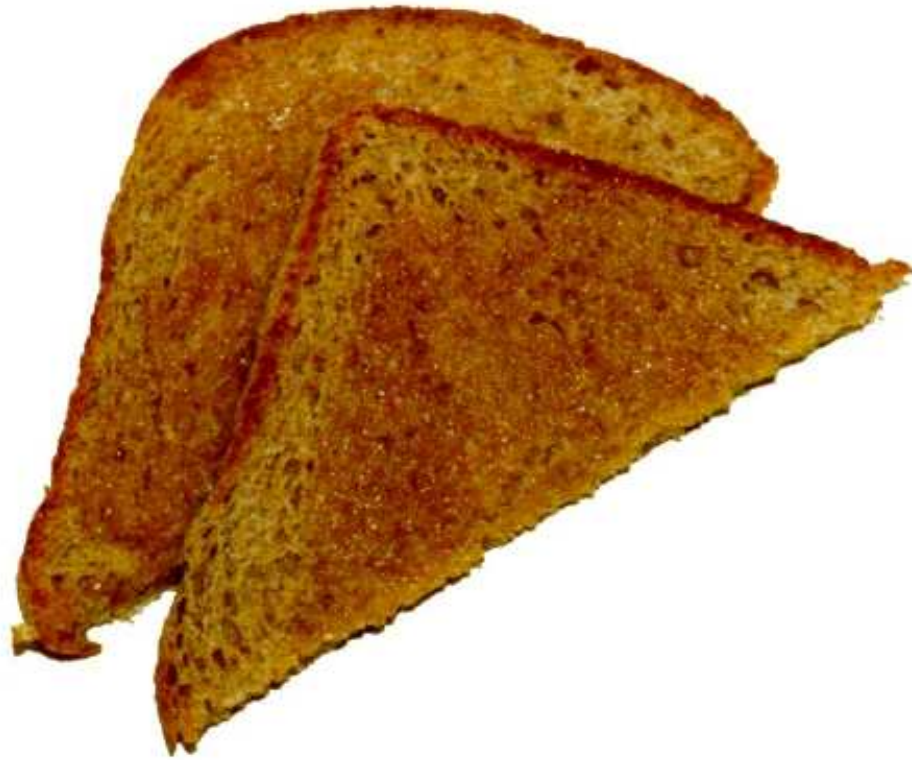
Oatmeal is a healthy breakfast food. It comes in lots of different flavors, and is usually served hot.



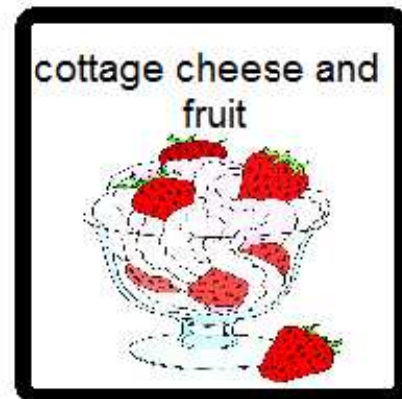
Eggs are a great food to have for breakfast. You can have them fried, scrambled, or almost any way you like. Omelets can have healthy things inside like spinach or cheese.



Cereal with milk is a good breakfast food. Cereal with fruit like bananas and strawberries is a healthy way to start the morning.



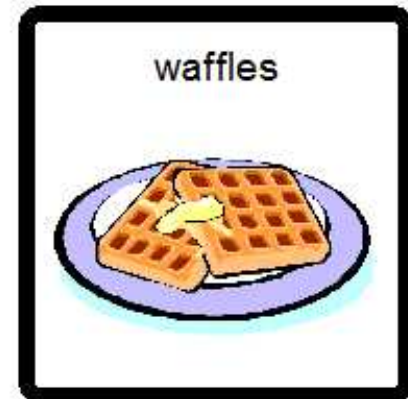
Whole wheat toast with jam is a good breakfast food.
Whole wheat bread has lots of fiber.



Some people like to eat low fat cottage cheese and fruit in the morning. What kind of fruit do you like with your breakfast?



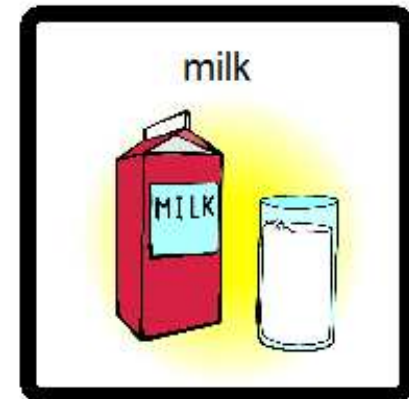
There's nothing like fresh pancakes from the griddle! Pancakes can be made with buttermilk or fresh fruit in the batter. Pancakes can be topped with butter and maple syrup.



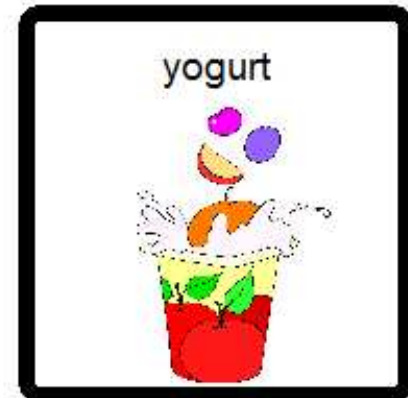
Waffles are made in a waffle iron. You can have fun putting syrup in every square, and top them with fresh whipped cream and a cherry!



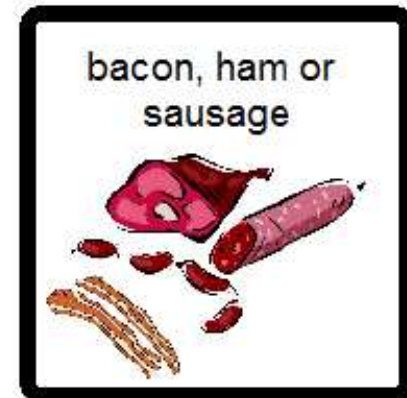
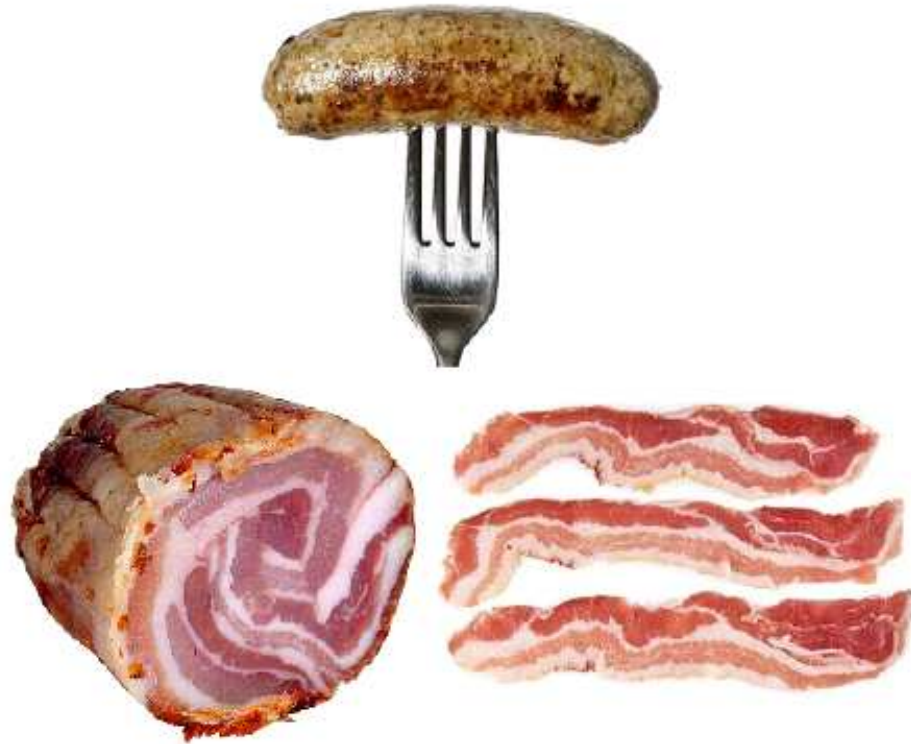
Fresh squeezed orange juice is a great drink to have with your breakfast. It's full of vitamin C!



Milk is also a healthy drink to have with breakfast. It has calcium and vitamin D to help keep your bones healthy and strong.



Yogurt is a good breakfast food. It can have a variety of flavors or be mixed with fruit.



Some people like bacon, ham or sausage for breakfast.



When you eat a healthy breakfast, it will help you start your day off right. There are many other healthy and delicious things to eat for breakfast. So think of some, and eat up!

breakfast



cereal



oatmeal



eggs



toast



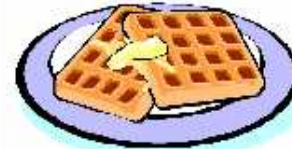
cottage cheese and fruit



pancakes



waffles



orange juice



milk



bacon, ham or sausage



yogurt



eat up!



healthy foods

