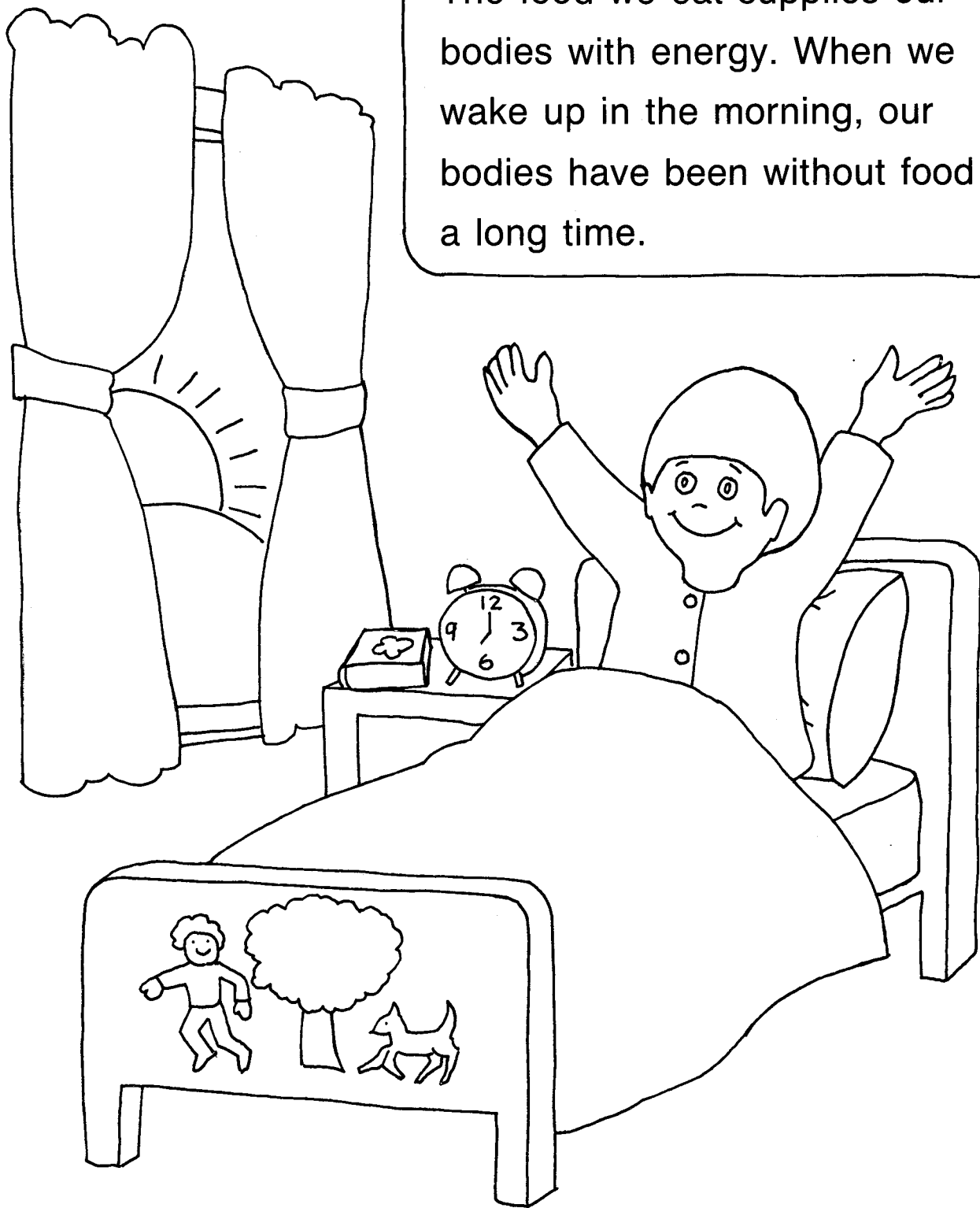


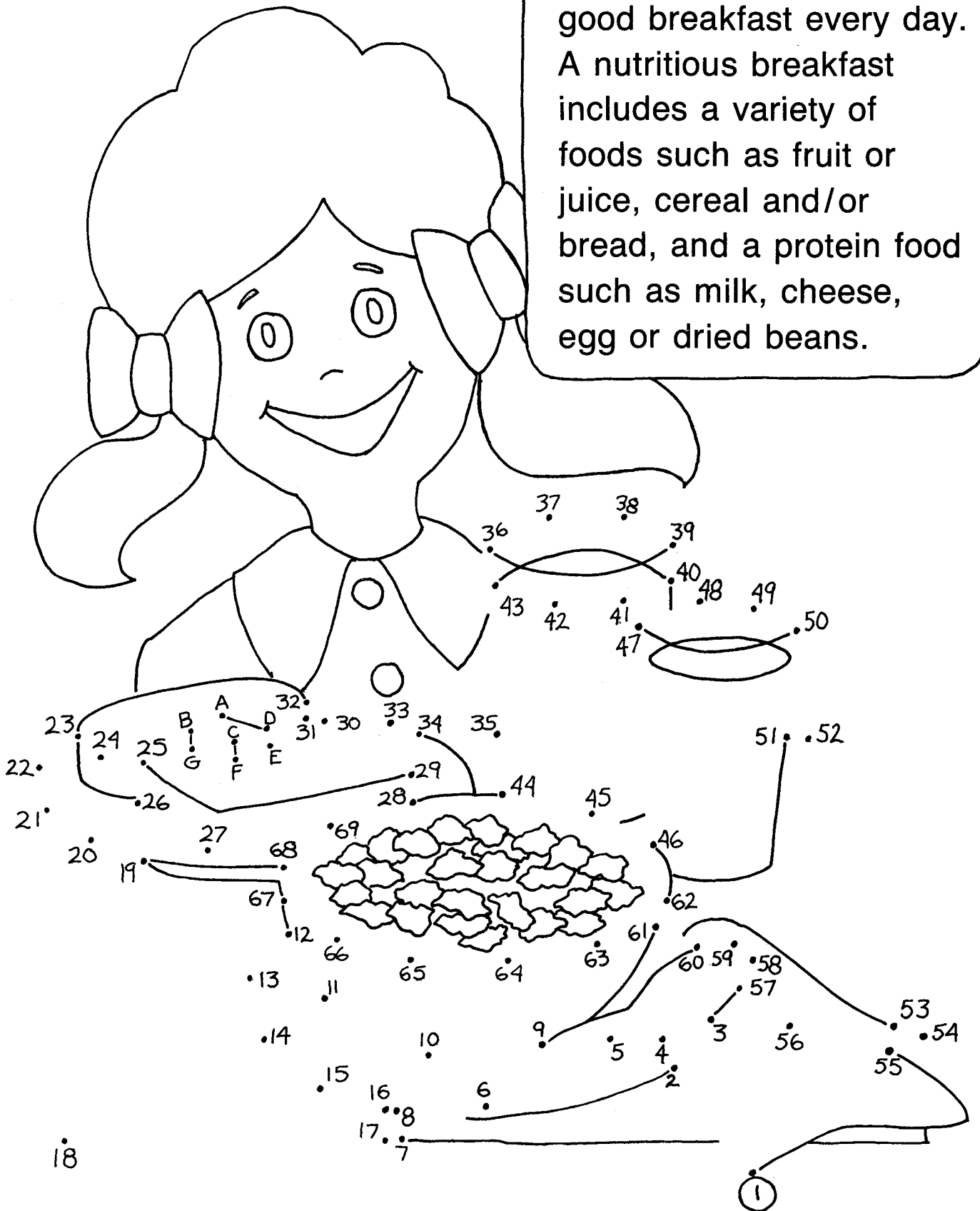
Breakfast Is Important

The food we eat supplies our bodies with energy. When we wake up in the morning, our bodies have been without food for a long time.



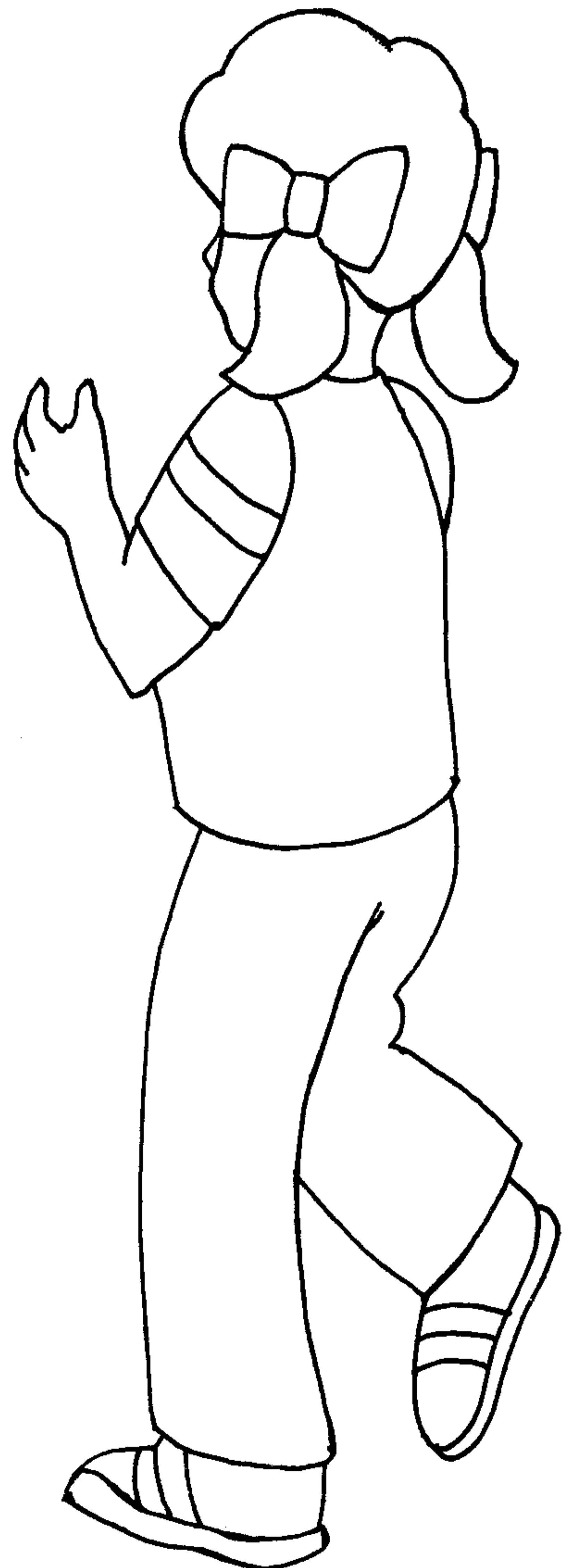
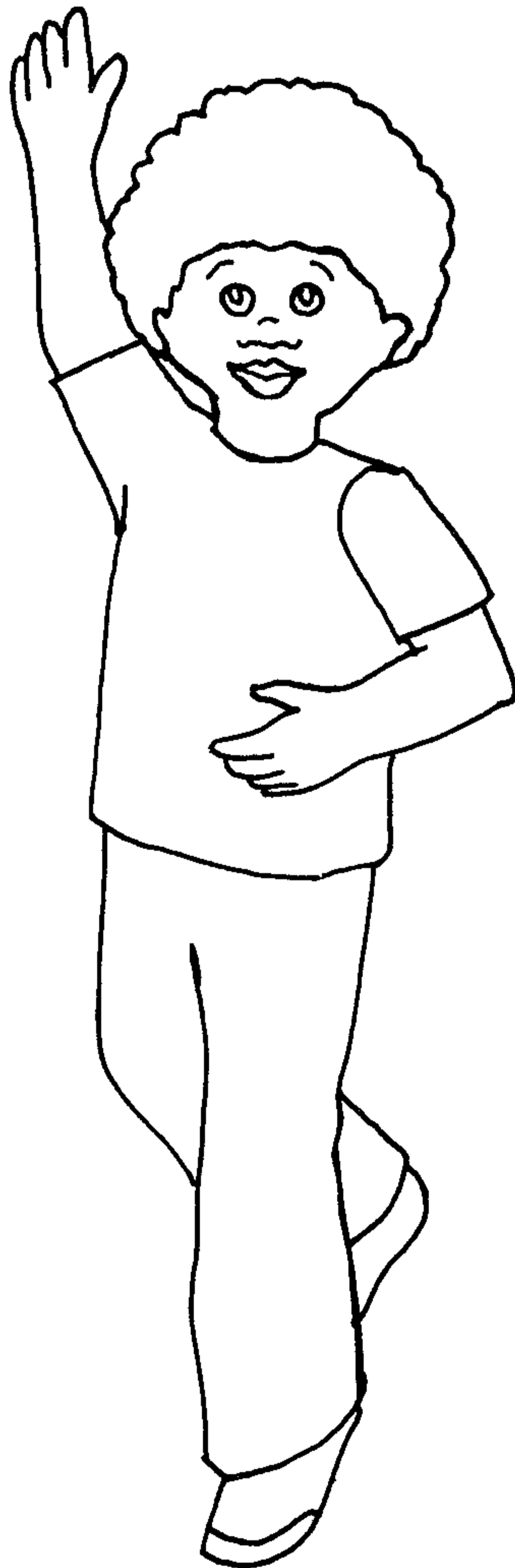
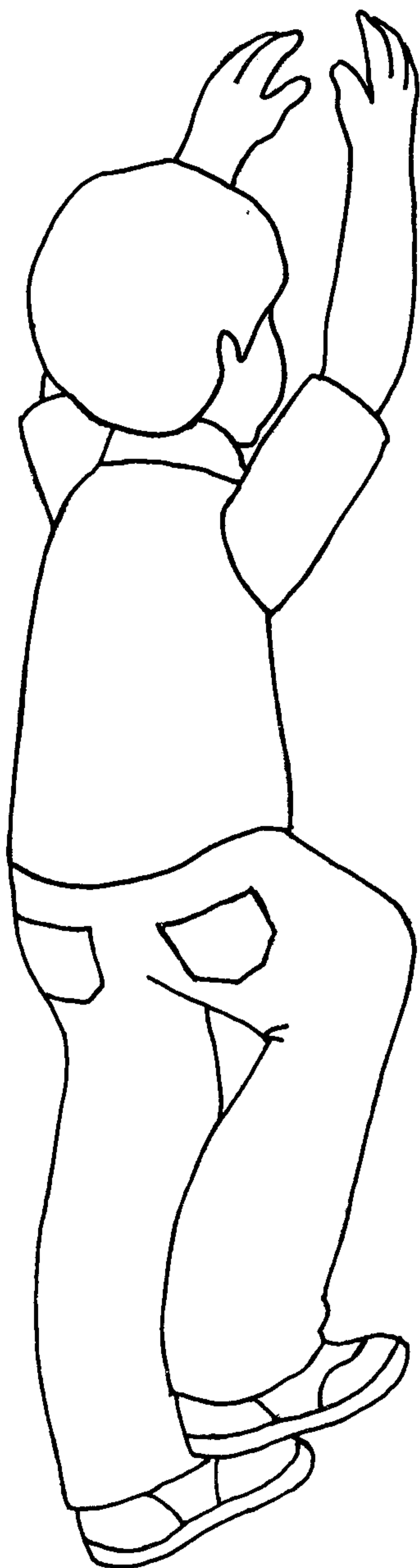
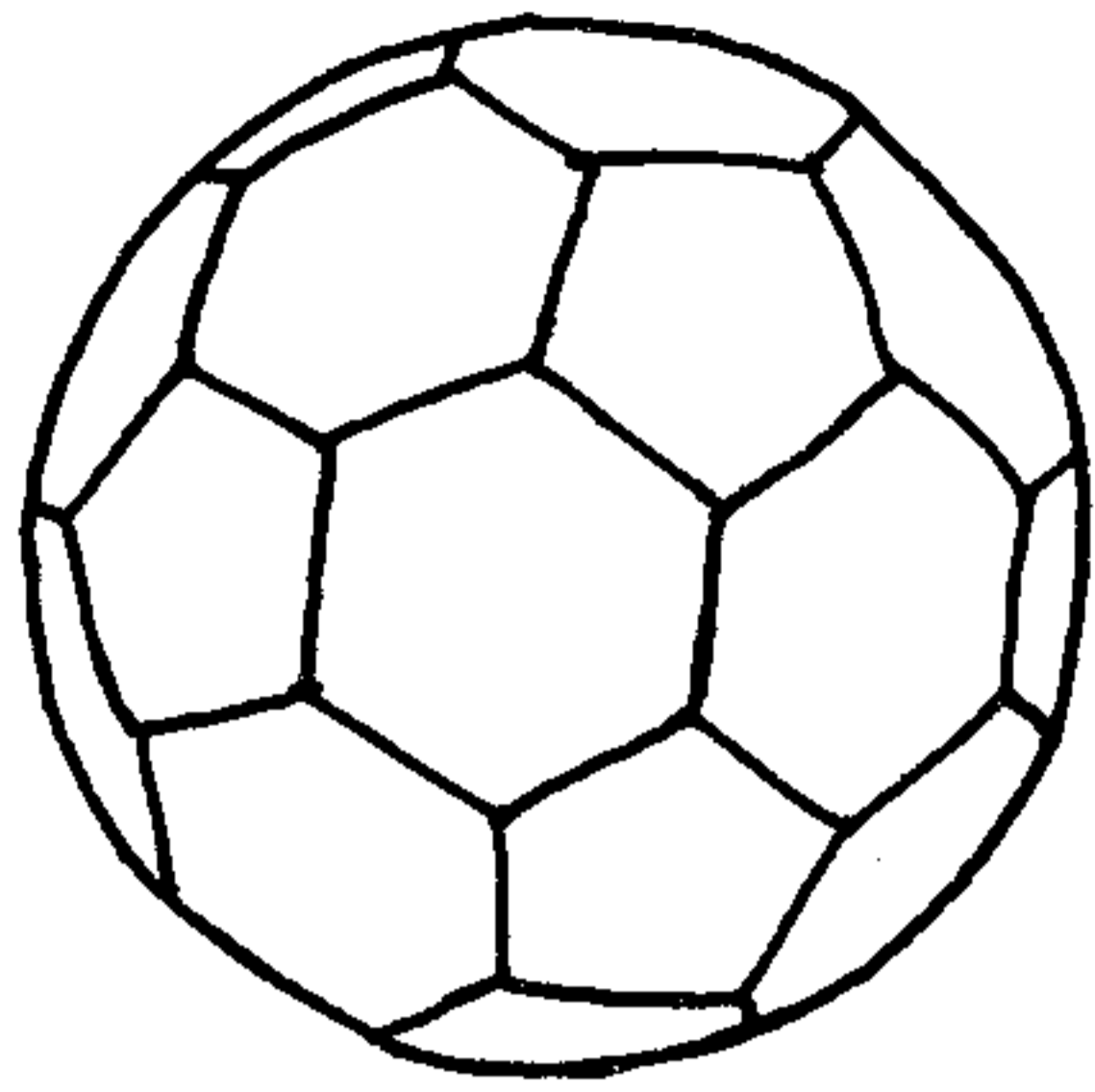
Color in the picture of John waking up.

It is important to eat a good breakfast every day. A nutritious breakfast includes a variety of foods such as fruit or juice, cereal and/or bread, and a protein food such as milk, cheese, egg or dried beans.



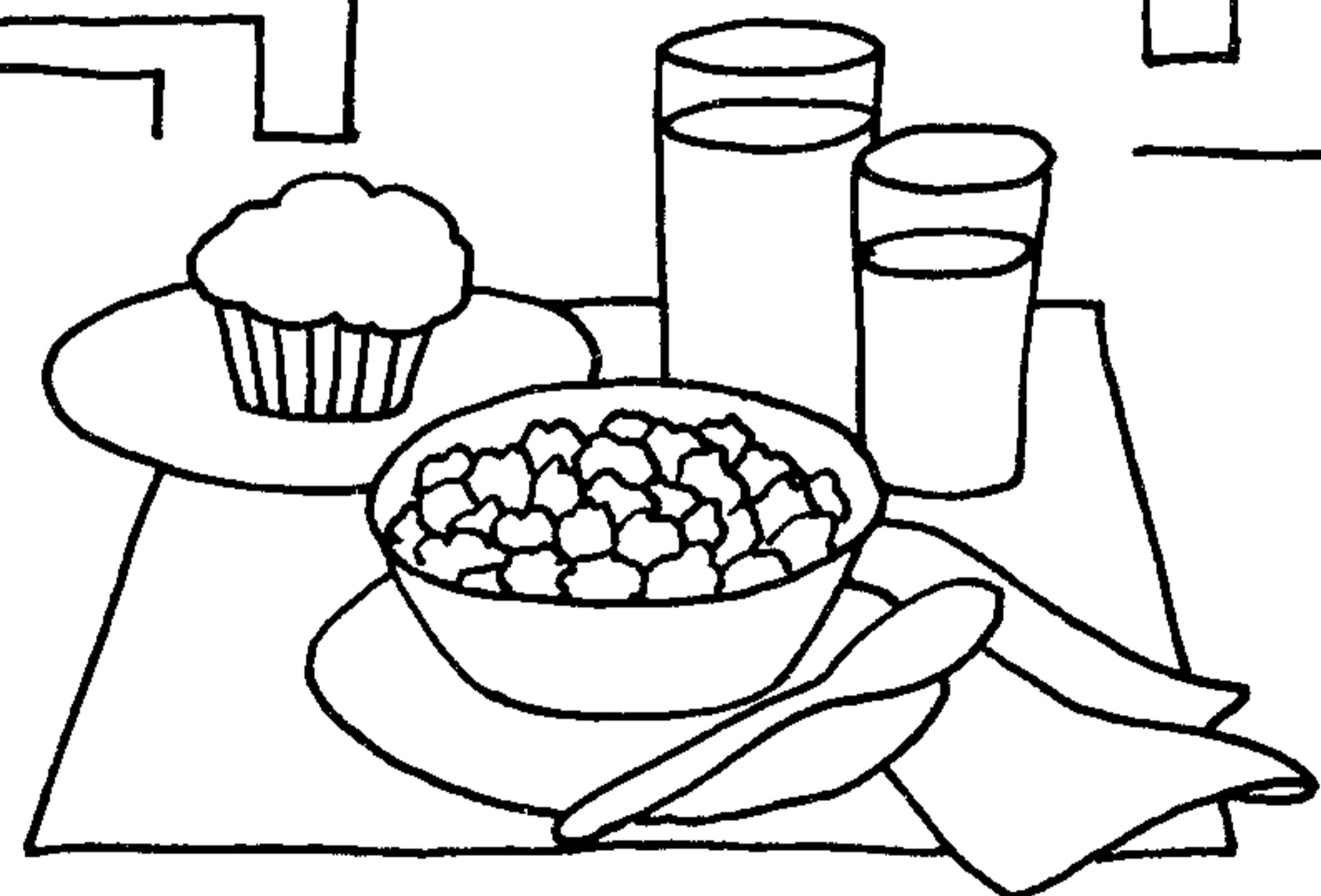
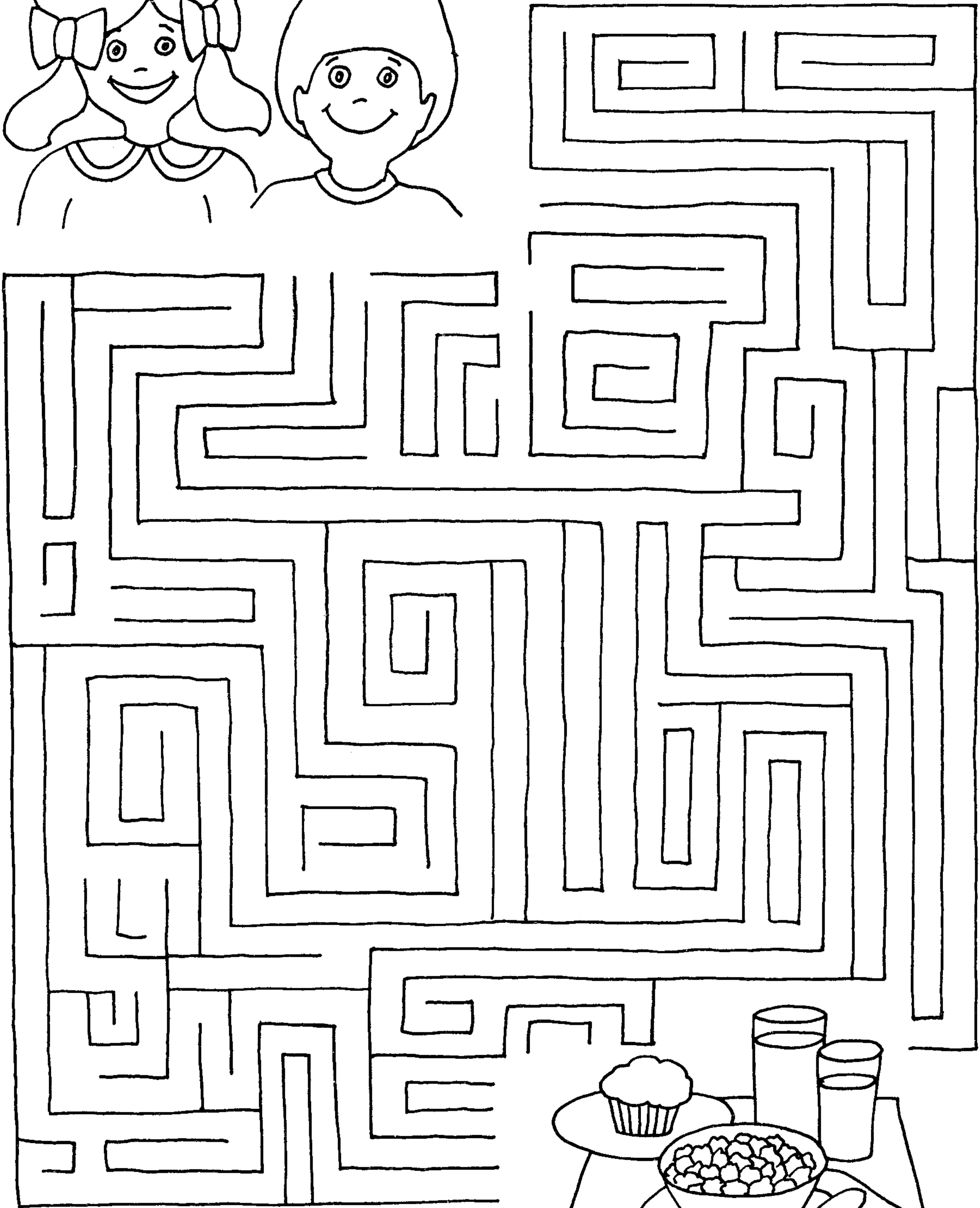
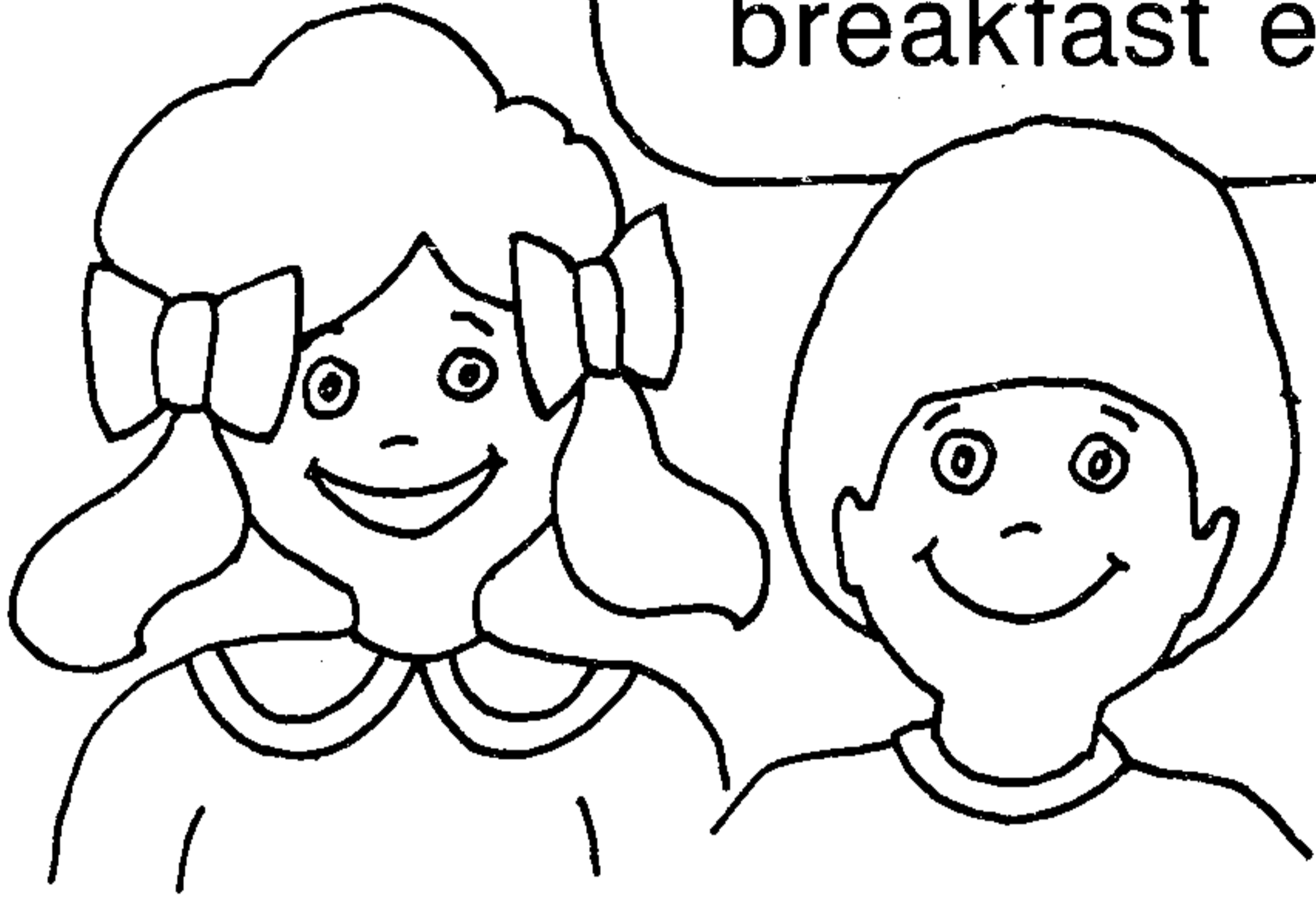
Connect the dots to complete this picture.

Eating breakfast gives you energy to work and play at school. Without breakfast you may feel tired and hungry before noon.



Color the picture of John playing with his friends.

So start the day out right! Find time for breakfast every morning.



Help John and Sue find their way to the breakfast table.