Eating breakfast will …

Print 1 from Visual Aids Appendix (8.5x11 inch size).
Cut into strips and laminate for children to draw out of a hat or envelope.

Give me energy to start the day.

Make me sleepy and tired.

Help me be alert, ready to learn and have fun.

Make my hair turn green.

Help me not feel hungry in the morning.

Make me get a bad grade on my test.

Help me get some important foods like
fruits and whole grains that
my body needs to grow and be healthy.

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Fast Food Breakfasts – Find the Healthier Choices!

Dunkin' Donuts (www.dunkindonuts.com)	Calories	Fat (teaspoons)	Sugar (teaspoons)
Croissant with Egg and Cheese	470	6	1
Bagel with Egg and Cheese	480	3	1
Bagel with Egg, Cheese, and Sausage	690	7	2
Bagel with Light Cream Cheese (2 oz)	450	2	0
Chocolate Glazed Donut	370	5	4
6 Glazed Munchkins (donut holes)	420	5	4
Triple Chocolate Muffin	640	6	12
Chocolate Chip Muffin	630	5	14
Reduced Fat Blueberry Muffin	450	2	11
Small Blue Raspberry Coolata	240	0	15
Small Sweetened Iced Tea	80	0	5
Small Unsweetened Iced Tea	5	0	0

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