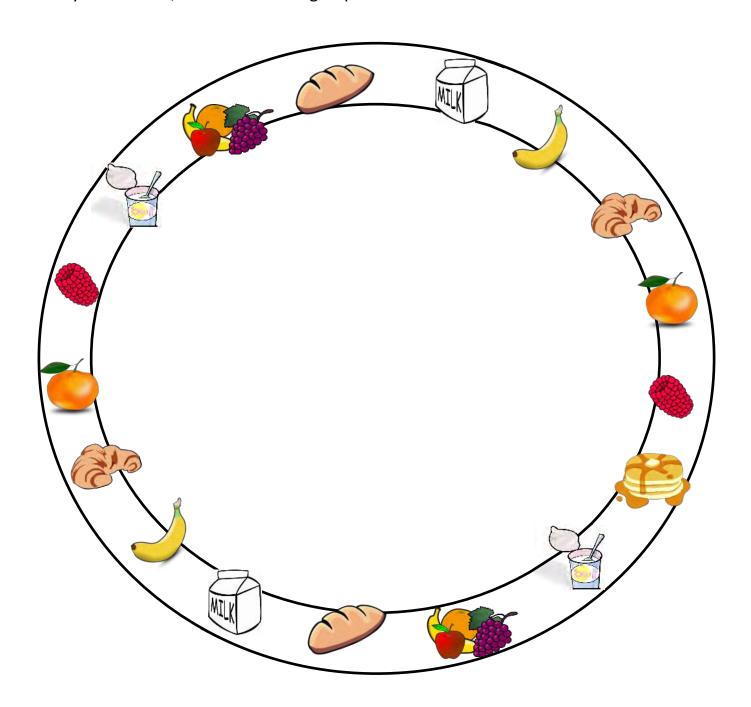
## Fill Your Breakfast Plate!

Instructions: Below is an empty breakfast plate. Together with your group or parents, fill the plate with healthy breakfast foods. Try to include at least 3 food groups. When you are done, label which food group each food is in.



Reading Kit: The Hatseller and the Monkeys

**Grade Level**: Lower and Upper Elementary

## Fill Your Breakfast Plate!

## **Directions:**

- 1. Copy the Breakfast Plate Handout and distribute.
- 2. After teaching about the MyPlate/food groups, instruct students to fill in the plate with a healthy breakfast. They should try to include at least 3 food groups.
  - Variations of this activity:
    - o Have students list food items, draw food items, or cut out food items from magazines and paste them into the plate.
- 3. Have students write which food group each food on their plate is from.
- 4. When students have finished creating their healthy breakfast plate, have them discuss their plate with the class.
  - If a student has a not-so-healthy plate, ask them how he or she would make it healthier.

