Cereal Scramble

Which of these cereals might you choose to eat for a healthy breakfast? Hint: Read the Nutrition Facts Label for sugar and fiber!

Name of Cereal: ______________________________________

How much sugar is in a serving of this cereal?

______ grams of sugar

How much fiber is in a serving of this cereal?

______ grams of fiber

Think Your Drink Dash

Move the drink cards into the “Stop, Slow, Go” circles.

Move “Stop Drinks” to Red. These drinks are not healthy.

Move “Slow Drinks” to Yellow. Have these in small amounts.

Move “Go Drinks” to Green. Drink lots of these.

(Hint: Put 2 drinks on each circle.)
Breakfast Olympics Score Card

Breakfast-On-The-Run Sprint

Read the Nutrition Facts Labels on these packages to answer the questions below.

Which breakfast waffle has:
• More fiber?
• Less sugar?
• Less fat?
Circle the healthier waffle.

Which cereal bar has:
• More fiber?
• Less sugar?
• Less fat?
Circle the healthier cereal bar.

Wild Card Triathlon

With your eyes closed, select 2 items from each envelope, then try to create a healthy breakfast you might eat. Be sure to include at least one vegetable or fruit!

Your Breakfast Food Choice

What vegetable or fruit did you choose?

What protein or dairy group food did you choose?

What grains group food did you choose?

(Optional: Look on the back of the food card to find out how much fat and fiber is in your choice.)