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## SP472-Food Works - Breakfast

The University of Tennessee Agricultural Extension Service

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# FOOD WORKS

## Key Messages

Eating breakfast helps you be more alert. It helps you study and learn.

People who eat breakfast usually feel better.

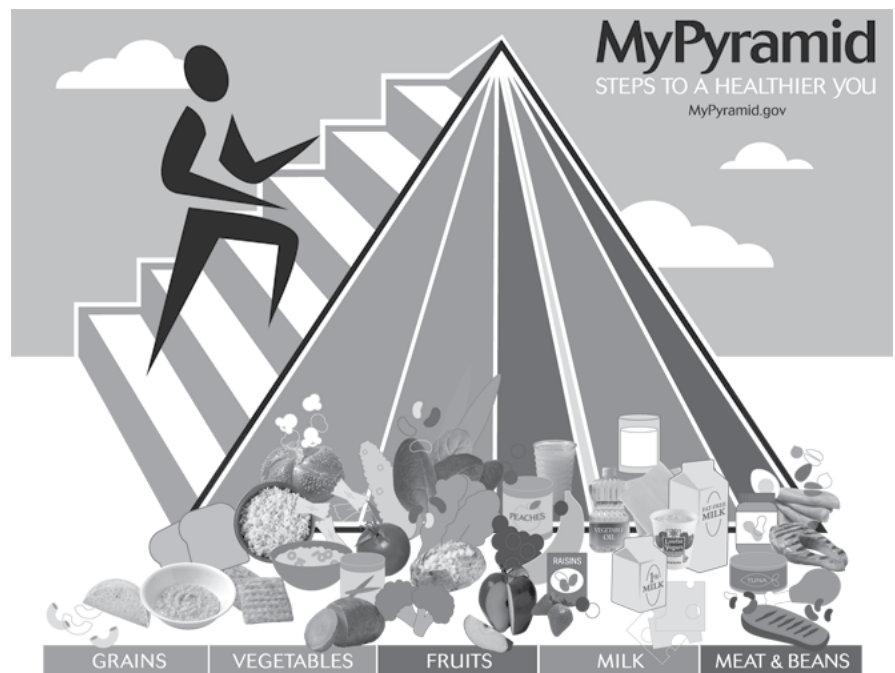
Any nutritious food is good for breakfast.

## Breakfast

### Breakfast = Break fast

- The word "breakfast" means to "break the fast." When a person fasts, he or she goes without food. At breakfast time, you have probably gone without food for 10-14 hours (fasting) because you have been sleeping.
- To function properly, your body needs food like a car needs gasoline. Gasoline gives a car the energy to run. Likewise, food gives you the energy to play and learn.
- Choose breakfast foods from the five pyramid food groups.

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# Breakfast Foods

- List your favorite breakfast foods.
- Where do they belong on the Food Guide Pyramid?

## Favorite Foods

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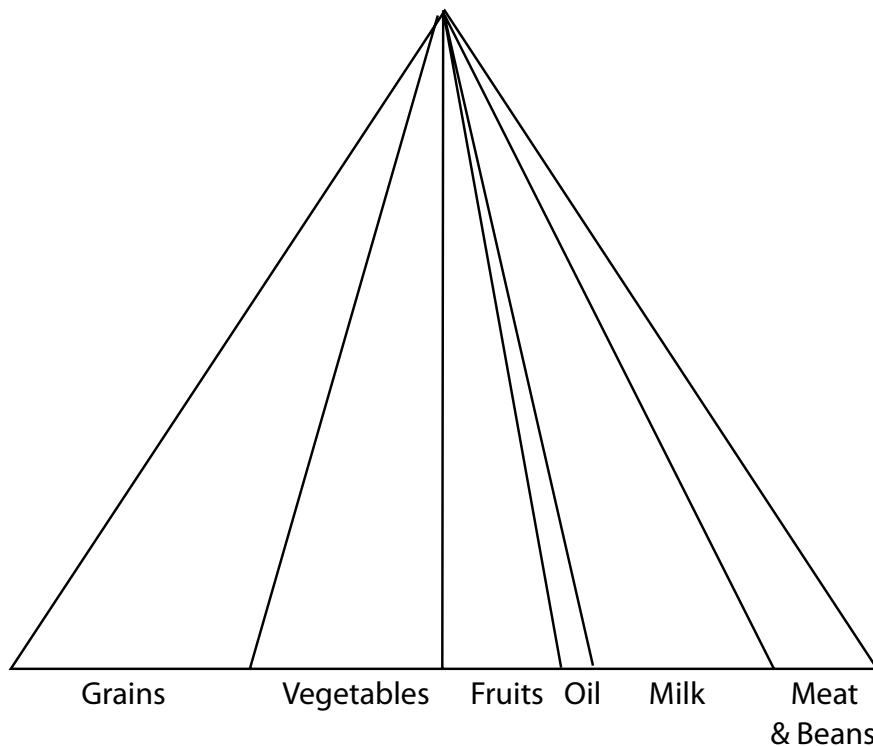
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Are there any food groups not on your list of favorite breakfast foods? What are they?

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List foods you might eat for breakfast from the different food groups:

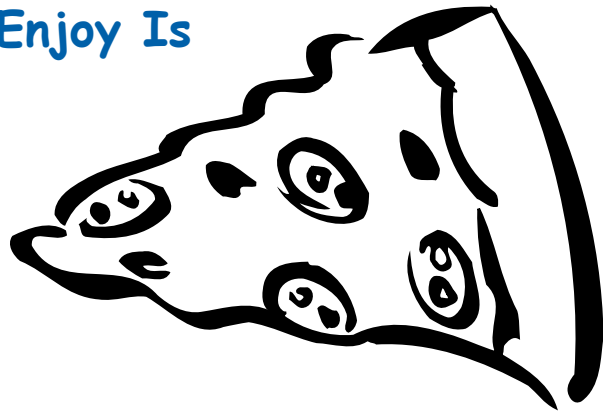
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**Any Nutritious Food You Enjoy Is  
Good for Breakfast.  
You Might Like to Try**

- Leftover pizza
- Sandwiches
- Soups
- Lowfat cottage cheese with fruit



**A Healthy Breakfast Gives You Nutrients You Need.  
Choose a Variety of Different Foods.**



- Tortillas and beans with salsa on the side
- Cereal and milk with banana slices
- Rice with milk and fruit
- Scrambled eggs and potatoes

**If You Don't Have Time for Breakfast  
at Home — Take Something with You.**

- Yogurt and fruit
- Crackers and cheese
- Sandwiches
- Fresh fruit
- Dry cereal



# Grain Group

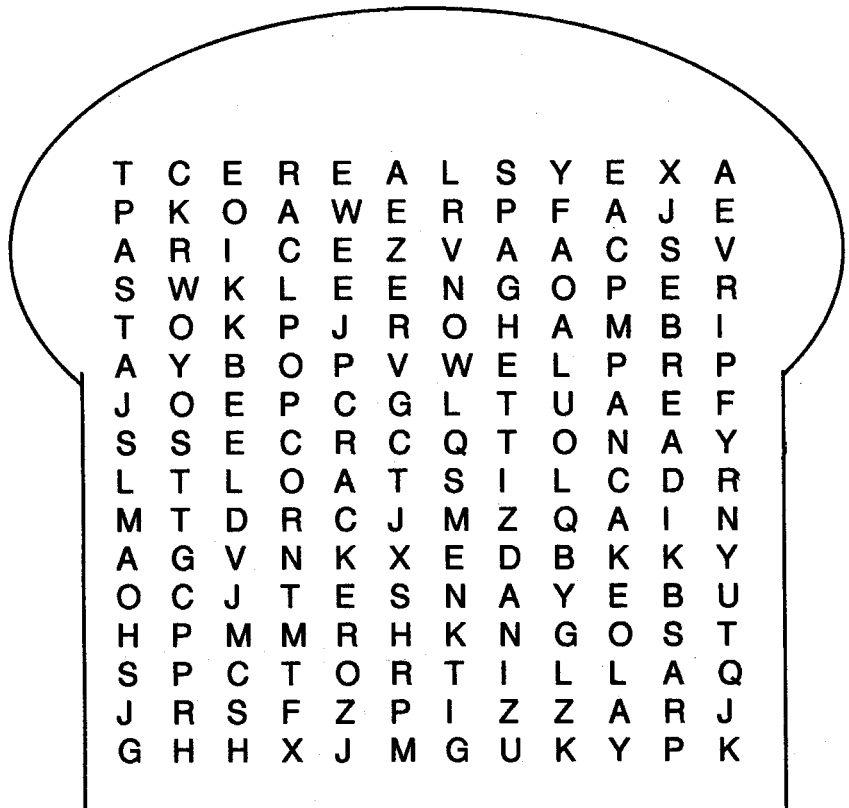
Grain foods can be a quick and healthy breakfast. Try to eat fruit and milk with them.

Eat 6-11 ounces of grain products each day. Be sure to include whole-grain foods.

Can you find the 10 foods from the Grain Group hidden in this slice of bread? All words are written from left to right or top to bottom.

## Grain Group Foods

- Bread
- Cereal
- Cracker
- Pancake
- Pasta
- Pizza
- Popcorn
- Rice
- Spaghetti
- Tortilla



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