



Complete this worksheet and turn in to your coach by \_\_\_\_\_ to get a **PURPLE** star!

Level  
#1 & 2

Name: \_\_\_\_\_

## Starting the Day Off Right

Healthy Habit of the Week:

I eat a healthy breakfast every day

Key Points:

- Our stomach is like a car or a truck, they need gas to run just like our bodies need healthy food.
- It is important to eat a healthy breakfast to keep our bodies running all day long.
- Healthy Breakfast ideas are,
  - scrambled eggs
  - yogurt and granola
  - whole grain toast
  - fruit

### Fuel the Truck

This truck is coming to your school to drop off breakfast. Help fill it up by drawing in 4 healthy breakfast options.

