

What is for breakfast?

Name.....

What did you have for breakfast today?

Did the food come from an animal or a plant?

What do these animals provide that you might eat at breakfast?



Hens provide:

Cows provide:

Look at these foods. Plan your own breakfast using these foods. Think about choosing foods from different groups.

Fruit and vegetables

Bread, rice, potatoes, pasta

Meat, fish, eggs, beans

Milk and dairy foods

Foods and drinks high in fat and/or sugar

Breakfast food



My breakfast