

My breakfast record

Name: _____

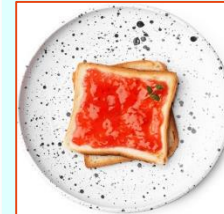
Each day this week, record what you eat and drink at breakfast time.



	Food	Drink
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Healthier options

What changes could you make to these breakfasts to make them healthier?



White bread with strawberry jam



Fried breakfast, including toast



Chocolate-coated cereal

How can you make your breakfast healthier?