



## Take Home #2 Better Balanced Breakfasts

**Instructions:** Come up with a week of healthy breakfast options by mixing and matching foods from at least three food groups. Use your *Fit4Kidz My Plate and Food Groups* for help with combining food groups for a nutritious breakfast. Make sure you identify what food group each food belongs to. Then try making some of these delicious breakfasts this week!

Food	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							

