

# Quiz: What Does Your Breakfast Say About You?

What kind of breakfast eater are you? Write down all the foods you eat in the breakfast log below. Then check off which food groups were included in each meal.

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains

**Breakfast Ace**

You ate breakfast on all 5 days. Eating breakfast every day can help you pay more attention in class and do better in school.

**Bone Builder**

You ate Dairy foods on at least 4 days. The calcium in Dairy foods can help you build strong bones and teeth.

**Glowing Star**

You ate Fruits or Vegetables on at least 2 days. Many fruits and vegetables have vitamin A which can help keep your eyes and skin healthy.

**Grains Wizard**

You ate whole grains on at least 3 days. The fiber in whole grain foods can help you feel full longer and have more energy.

How many times did you eat breakfast?

How many times did you eat foods from the Dairy Group?

What kind of breakfast eater are you?

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How many times did you eat Fruits or Vegetables?

How many times were half of your grains whole grains?

What kind of breakfast eater would you like to be?

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How can you become the breakfast eater you would like to be?

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# Breakfast Explorer

What is a favorite breakfast meal? Use the table below to compare your favorite breakfast meal (Breakfast Meal 1) to a breakfast that you would like to try from the **Start Smart With Breakfast** video, **Breakfast Around the World** digital interactive, or **Breakfast Around the World** informational text article (Breakfast Meal 2).

 **Breakfast Meal 1:  
My favorite**

List all of the foods in breakfast meal 1:

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 **Breakfast Meal 2:  
Comparison**

List all of the foods in breakfast meal 2:

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Take a closer look at your breakfast meal lists. Find two ways to make these meals healthier. For information on how to make a balanced and nutritious breakfast, see page 2 of the **Breakfast Around the World** informational text article.

1. \_\_\_\_\_
2. \_\_\_\_\_

**Set a Healthy Breakfast Goal**

How can you make your breakfast more balanced and nutritious?  
Achieve your goal and earn a badge!

I will \_\_\_\_\_ in order to eat a healthier,  
(breakfast choice)

more balanced breakfast \_\_\_\_\_ days this week.  
(number)

Badge awarded on: \_\_\_\_\_

