

Food is Fun

My Name: _____

Food & Fitness: Health for a Lifetime



Breakfast Around the World

Breakfast is the healthful way to start the day!

Eating Breakfast refuels your body with energy, vitamins, minerals, and fiber. After 8 to 12 hours of sleep since the last time you ate, your body needs breakfast to help you grow, learn, and play.

All around the world kids eat breakfast. It may be very different from what you eat - or maybe not! Match the breakfast foods with the country:

1. China <input type="checkbox"/>	A Grilled kidneys, tomatoes, sausage, and eggs- have this meal before you visit the queen.
2. England <input type="checkbox"/>	B Mashed, boiled green plantain with onions, sausage & seasonings, fried white cheese and eggs. Merengue, anyone?
3. Italy <input type="checkbox"/>	C Cereal, milk, juice, toast - is this close to what you ate today? What did you eat for breakfast today?
4. Japan <input type="checkbox"/>	D Fresh rolls with chocolate butter spread, hot milk with a little coffee in it - not spaghetti like you probably thought.
5. USA <input type="checkbox"/>	E Rice, dried pork, pickles, and soybean juice - eaten with chopsticks.
6. Dominican Republic <input type="checkbox"/>	F Roasted seaweed dipped in soy sauce, boiled rice, pickled radishes, and salted plums - it's a custom to take your shoes off when inside the home.



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COOPERATIVE EXTENSION

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Answers:
1. E
2. A
3. D
4. F
5. C
6. B

turn the page for more...

To:

From:

Questions

How the Seven Dwarves Got Their Name

Tell me about your favorite dwarf from the story.

What is your favorite fruit?



Did you make the banana pancakes or the apple topping?

yes no not yet

If you made the recipe, tell us what you think of it:

yum okay no thanks

Tell me what you eat for a healthy breakfast:
