

Build a Healthy Breakfast

Using the food cards given, put together a healthy breakfast. List each item you choose and record how many calories, fat and sugar there in each and total them at the end.

Item	Serving Size	Calories	Fat (g)	Sugar (g)
Totals:				

- How many food groups are represented in your breakfast? _____
- How many calories are in the breakfast you selected? _____
- How many grams of fat? _____
- How many grams of sugar? _____
- Are there any different choices you could make to create a healthier breakfast? Explain.



Public Health

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