

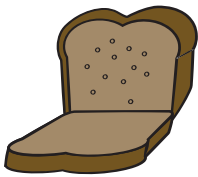
Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 2: Fruits and Vegetables

**Lesson Theme:** Increasing the consumption of fruits, vegetables and the willingness to try new foods.

**ACTIVITY:** Make a smart breakfast! Circle all of the foods you like in each food group.

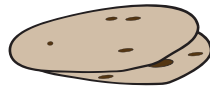
## GRAINS



Whole Wheat Bread



Oatmeal



Whole Wheat Tortillas



Whole Grain Bagel



Brown Rice

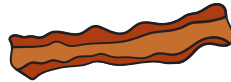
## PROTEIN



Eggs



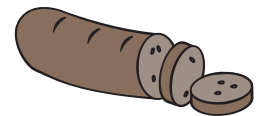
Greek Yogurt



Turkey Bacon



Mixed Nuts

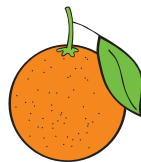


Chicken Sausage

## FRUIT



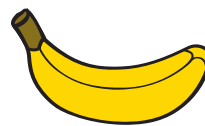
Apple



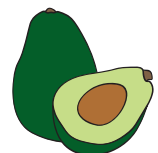
Orange



Blueberries



Banana



Avocado

Choose a food from each group that you like and write it below. Feel free to come up with your own ideas!

### My Breakfast

Grains: Oatmeal Protein: Mixed Nuts Fruit: Banana