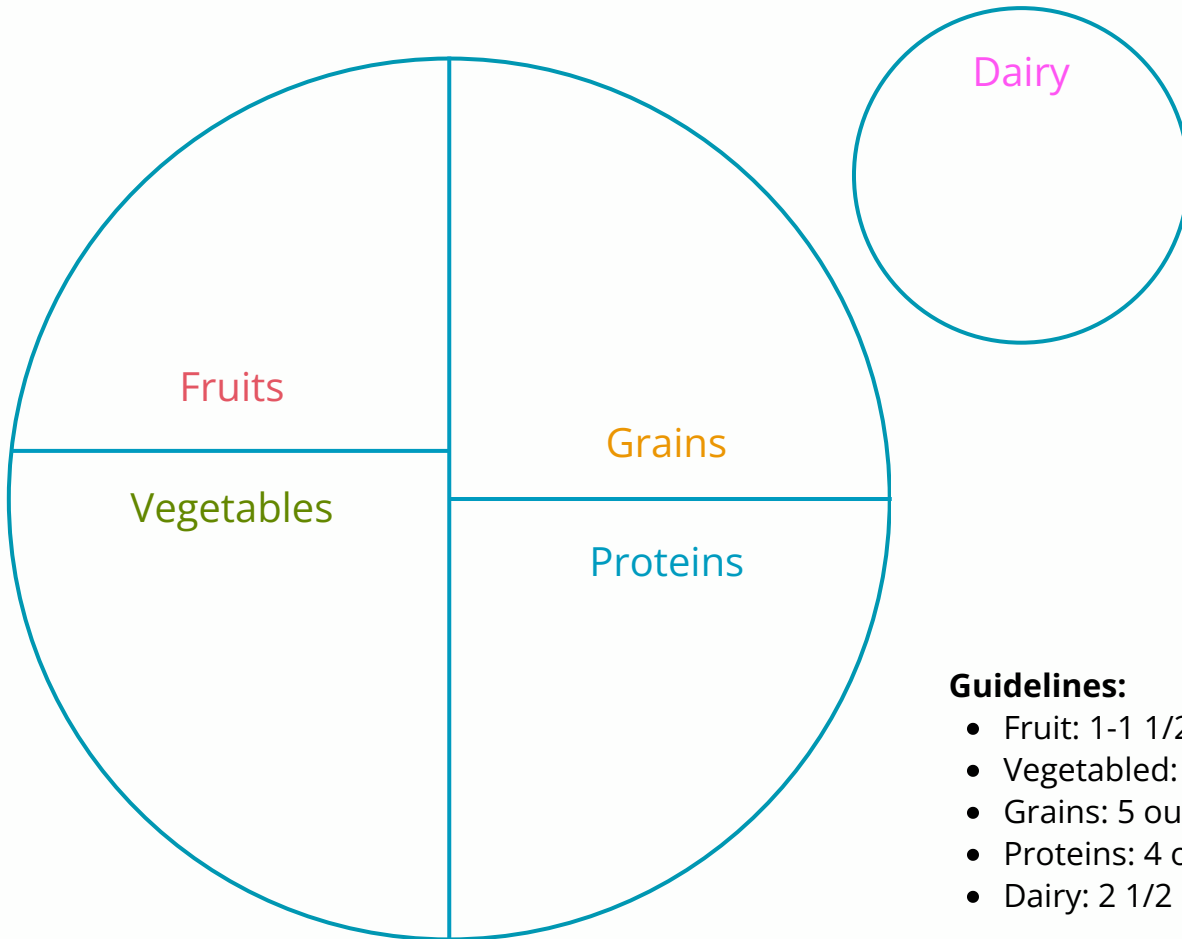


Healthy Eating: Breakfast



2nd grade: Food and Nutrition

Put together a yummy balanced meal to help you grown strong and healthy



Guidelines:

- Fruit: 1-1 1/2 cups
- Vegetabled: 1 1/2 cups
- Grains: 5 ounces
- Proteins: 4 ounces
- Dairy: 2 1/2 cups

