

Name _____

Vowels for Breakfast

Finish the words with one of the vowels to find some good choices for breakfast foods that are a grain, a protein or a fruit.

Grain

c__r__al

to__st

o__tm__al

p__nc__ke

gr__ts

Protein

m__lk

__gg

y__g__rt

h__m

pean__t b__tt__r

Fruit

or__ng__

__pple

b__n__n__

grap__fruit

ra__s__ns



Draw a healthy breakfast and write the names of the foods on the picture. Be sure to include a grain, a protein and a fruit. Include your favorites even if they are not on the lists above.

This is my healthy breakfast.

Vowels for Breakfast

Finish the words with one of the vowels to find some good choices for breakfast foods that are a grain, a protein or a fruit.

Grain

cereal

toast

oatmeal

pancake

grits

Protein

milk

egg

yogurt

ham

peanut butter

Fruit

orange

apple

banana

grapefruit

raisins



Draw a healthy breakfast and write the names of the foods on the picture. Be sure to include a grain, a protein and a fruit. Include your favorites even if they are not on the lists above.

This is my healthy breakfast.