

Breakfast

Is for
Going and Growing!



DANNON INSTITUTE
Nutrition for Health

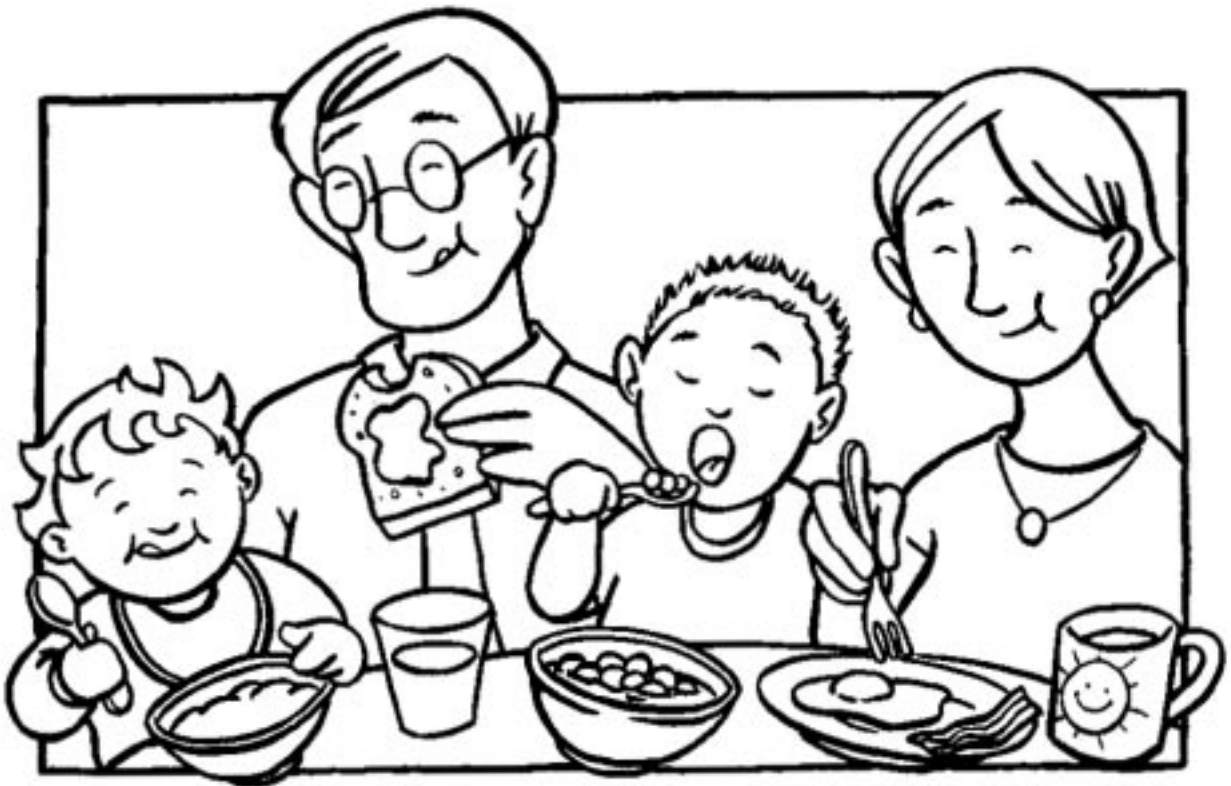
BY SAMANTHA BERGER • ILLUSTRATED BY LEANNE FRANSON

SCHOLASTIC

Cut along dotted lines. Put the pages in order to make a book.



Before you play or go to school,
You need to give your body fuel.



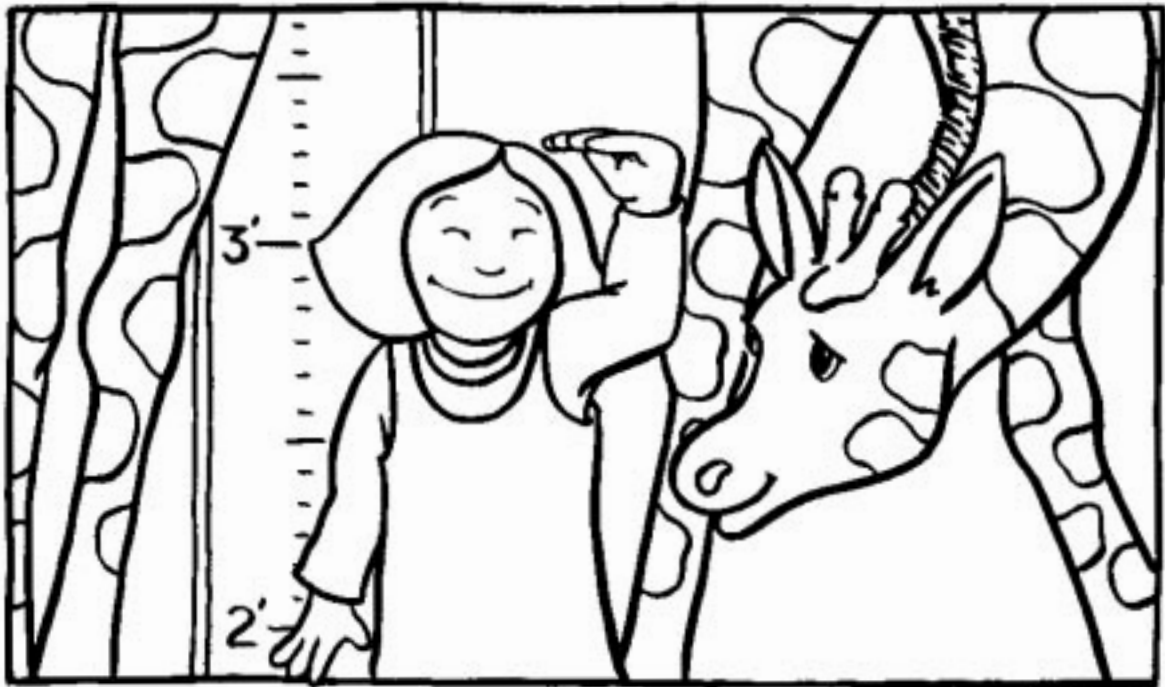
When you eat breakfast to start every day,
You're going and growing the healthy way!

2



Start the day with something to eat,
And all day long, you will think on your feet.

4



Breakfast helps your muscles grow big and strong.
It helps your body grow tall and your legs grow long.

7



Breakfast gives you the speed and power to run.
It gives you the energy you need to have fun!

5



So if you're on the go, and growing too,
Eat breakfast and be the very best you!

8



When you eat breakfast, you'll see it's true,
It helps you read stories and tell stories too.

6