

Name _____

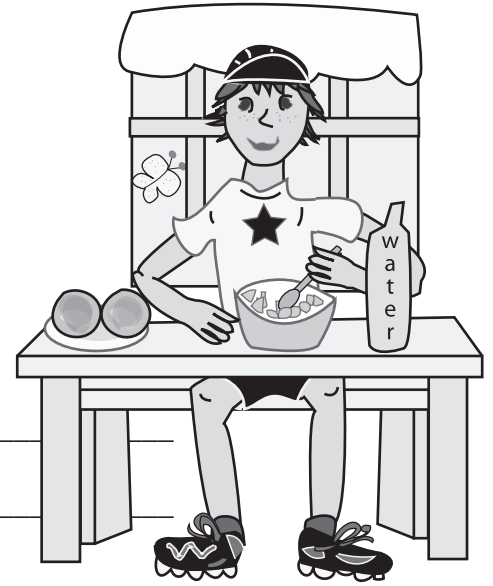
Chapter 4 - Eat-to-Run

What will you have for breakfast on an ideal eating day?
Think healthy and delicious. Write and draw.



This activity earns
a multi-colored foot-
print at club. _____

My Ideal Breakfast



Fill in this ideal breakfast activity worksheet or totally design your own on any paper you have at home. When you use your own supplies from scratch, you can be more creative.