

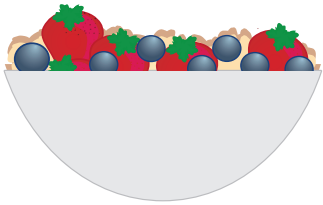


NAME _____

DATE _____

WHICH ONE'S BETTER?

1. Which one's better for YOUR BRAIN?



Breakfast

-or-

Skipping Breakfast

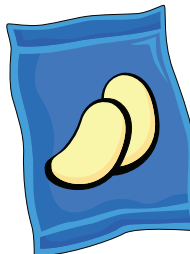
2. Which one's better for YOUR BODY?



Crunchy Carrot Sticks

-or-

Potato Chips



3. Which one's better for ENERGY?



Milk

-or-

Energy Drink



Kids get more than half their daily nutrition at school, so make good eating choices to power your brain and body!



ANSWERS:

1. Breakfast...it Powers your body's engine with lots of energy so you can zoom around all day! Guess what else? It helps you learn and think better, grow stronger and feel better. Wow! Who knew it could do all that? Don't leave home without it!
2. Crunchy Carrot Sticks: are power-packed with lots of yummy crunchy goodness, that give you energy, keeps your body strong and your mind sharp. So bag the chips and crunch on carrots!
3. Milk: Drink it up! Milk gives your body a high energy power boost, not a power crash like energy drinks can do. Drinking milk also helps you build strong teeth, bones and muscles. Energy drinks can't do that. So be sure to choose milk!