

## Lesson 6

### Fuel Up With Breakfast!



## Sample Breakfasts

- 1) Scrambled eggs and rice
- 2) Slice of cheese pizza with a glass of orange juice
- 3) Doughnut with a soda and apple
- 4) Cereal with milk and strawberries
- 5) Celery with peanut butter and a yogurt
- 6) Pancakes with syrup and a glass of milk