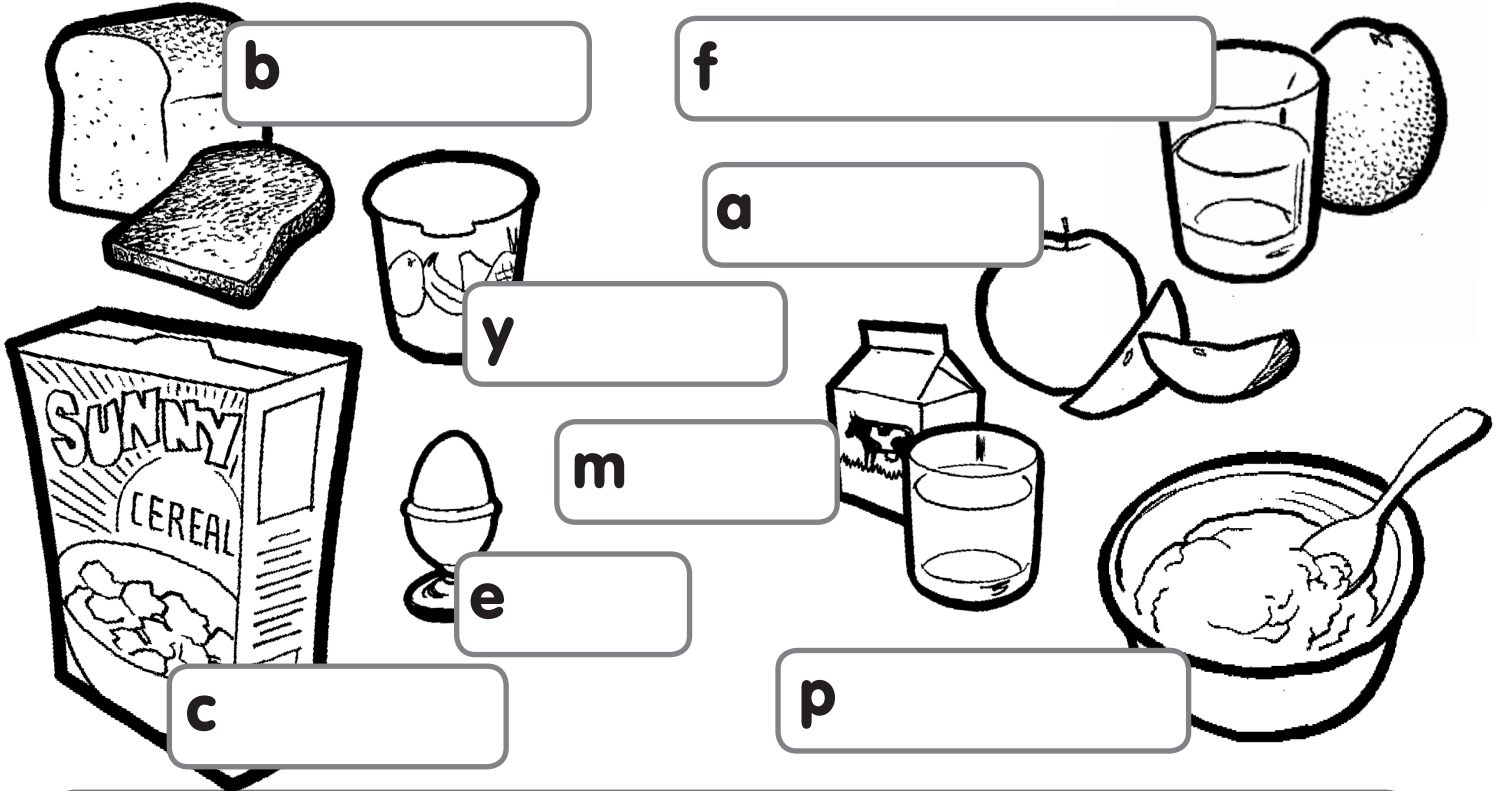


# Activity Sheet 5

## Breakfast Time

The three bears had porridge for breakfast. Can you label all these breakfast foods?



- porridge
- cereal
- apple
- yoghurt
- egg
- toast
- milk
- fruit juice

**Write your favourite breakfast menu.**



**Finish these sentences:**

Eating a good breakfast gives us .....  
 .....

Breakfast cereals are made from grains like .....  
 .....

If we skip breakfast we may get tired because .....  
 .....