LOWES FOODS PRESENTS...
Be A Smart Shopper!
STUDENTS LEARNING HEALTHY LIFESTYLES

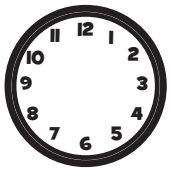
My Morning Routine

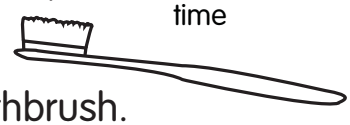
Intermediate

Lowes foods
good for you.

What's your morning routine? What you do when you wake up helps make sure the rest of your day is great! Fill in the blanks and pictures below to show how you start every day the best possible way!

I go to bed at _____ (time), sleep for _____ (number) hours and I wake up at _____ (time).

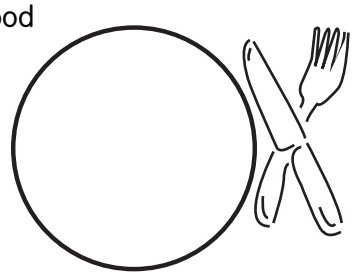




I brush my teeth with a _____ (soft or hard) bristle toothbrush.

I eat a healthy breakfast! Some mornings I have _____ (breakfast food)

and other mornings I have _____ (breakfast food).



My healthiest morning drink is _____ (1% milk, orange juice with calcium).

I get my body moving by doing _____ (push-ups, stretches, jumping jacks, sit-ups).

WORD JUMBLE!

For questions 11. & 12. make up your own word jumbles of healthy breakfast choices!

1. C_re_l
2. Ba_an_
3. Sc_am_l_d E_gs
4. S_o_ed S_lm_n
5. Oa_me_l
6. Yo_urt
7. W_ffl_s
8. Gr_nola
9. L_w-F_t Mi_k
10. O_a_ge J_i_e
11.
12.

ANSWERS - 1. Cereal, 2. Banana, 3. Scrambled Eggs, 4. Smoked Salmon, 5. Oatmeal, 6. Yogurt, 7. Waffles, 8. Granola, 9. Lowfat Milk, 10. Orange Juice

Family Challenge!

Take This Home

My Family's Healthy Shopping List for Breakfast - Talk to your family about eating a healthy breakfast. Then, use a piece of lined paper and write 10 foods that your family likes to eat for breakfast. Draw a picture of colorful and healthy breakfast foods on the top. Bring your list to school to share with your classmates!

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