



Personal Health Series **Breakfast**

Name:

Date:

Breakfast Buffet

Instructions: Draw pictures of the foods you would include on your “Breakfast Buffet” table. Be sure to include lots of “Go” foods, some “Slow” foods, and only a few “Whoa” foods. When you’re finished, share your buffet with a classmate.

A large, empty rectangular area with a thin black border, intended for drawing a breakfast buffet table. The area is mostly white, with a gray shadow effect on the right and bottom edges, giving it a 3D appearance as if it's a table or a page floating in space.