

BREAKFAST CHOOSER

To play: Follow instructions to fold Chooser. With the Chooser on your fingers in the closed position, pick a color and then open and close the Chooser for each letter in the color name. Look inside, pick a number and find your breakfast suggestion.

CUT HERE

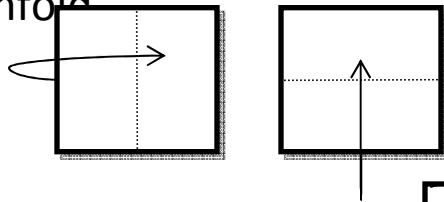
	<p>7</p>  <p>Look for "Whole Grain" cereals</p>	<p>8</p>  <p>1 medium apple is about 4g of fiber!</p>	
<p>2</p>  <p>Make a parfait with yogurt, cereal, and fruit!</p>	<p>WHOLE GRAIN</p> <p>Try some cereal</p>  <p>PROTEIN</p> <p>Eat Yogurt</p> 	<p>FIBER</p> <p>Have an apple</p>  <p>Start each day with breakfast</p> <p>BREAKFAST</p>  <p>Eating breakfast can help you perform better in school</p> <p>3</p> 	
<p>1</p>  <p>Breakfast Ideas: Whole Grain Pancakes, French Toast or Cereal</p> <p>BREAKFAST</p> <p>Start each day with breakfast</p>  <p>Have some cereal</p> <p>FIBER</p> 	<p>PROTEIN</p> <p>Eat Wheat Bread</p>  <p>Have some milk</p> <p>4</p>  <p>Aim for 3 servings every day!</p>	<p>WHOLE GRAIN</p>  <p>Look for "Whole Grain" breads</p> <p>5</p> 	
	<p>9</p> <p>Also try hot or cold whole-grain cereals topped with fruit</p> 	<p>5</p>	

How to Fold Your BREAKFAST CHOOSER

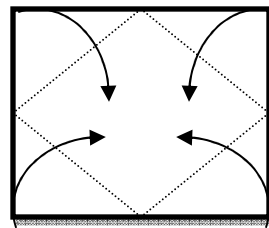
1. Cut off the top portion of the paper to get a square



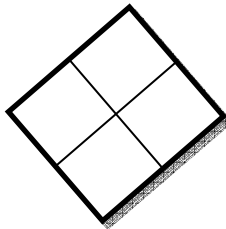
2. TURN PAPER OVER (WRITING FACE DOWN) Fold the bottom half of the square up over the top half, then unfold. Fold the right half over the left half, unfold



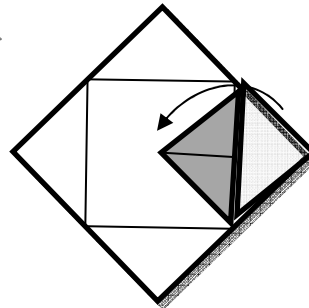
3. Fold each corner to the center



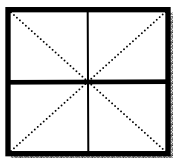
4. Flip the Chooser over



5. Fold each corner to the center



6. Flip over and fold and unfold any two side together (make sure the numbers are on one side and the colors on the other)



7. Slide your forefingers and thumbs under the four flaps
8. Rotate your hand and bring your thumbs and fingers together. The top flaps should expand and the numbers should move to the inside

