



Nutrition Challenge: Week 5, Day 10

Make sure you eat breakfast every day this week,
it's the most important meal of the day.



- Try low fat yogurt or egg whites in a whole wheat tortilla one day and remember how you feel that day at lunch time.
- Are you more/less hungry than usual?

I MET MY NUTRITION GOAL FOR WEEK 5!

Student Signature _____ Parent Signature _____

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