

## Promoting Breakfast Poster!

**Task 1:** Research the benefits of breakfast and answer the questions on back this page.

**Task 2:** Using a large sheet of paper and art supplies, create a poster that promotes breakfast! Your poster should contain a creative title, should be eye-catching (contains pictures, colors, is neat, etc.), and should contain at least five facts you've gathered from your research.

### Grading:

- Questions Answered: \_\_\_\_\_/15 points
- Neatness: \_\_\_\_\_/5 Points
- Title + Creativity \_\_\_\_\_/5 Points
- Pictures, Color, Etc. \_\_\_\_\_/5 Points
- Five Quality Facts Included on the Poster \_\_\_\_\_/10 Points

**Total:** \_\_\_\_\_/40 Points

**Comments:**

**List 10 benefits of eating a healthy breakfast every day.**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

**What does the term breakfast mean?**

**Explain why breakfast is the most important meal of the day.**

**What happens if a person skips breakfast?**

**What should a healthy breakfast consist of?**