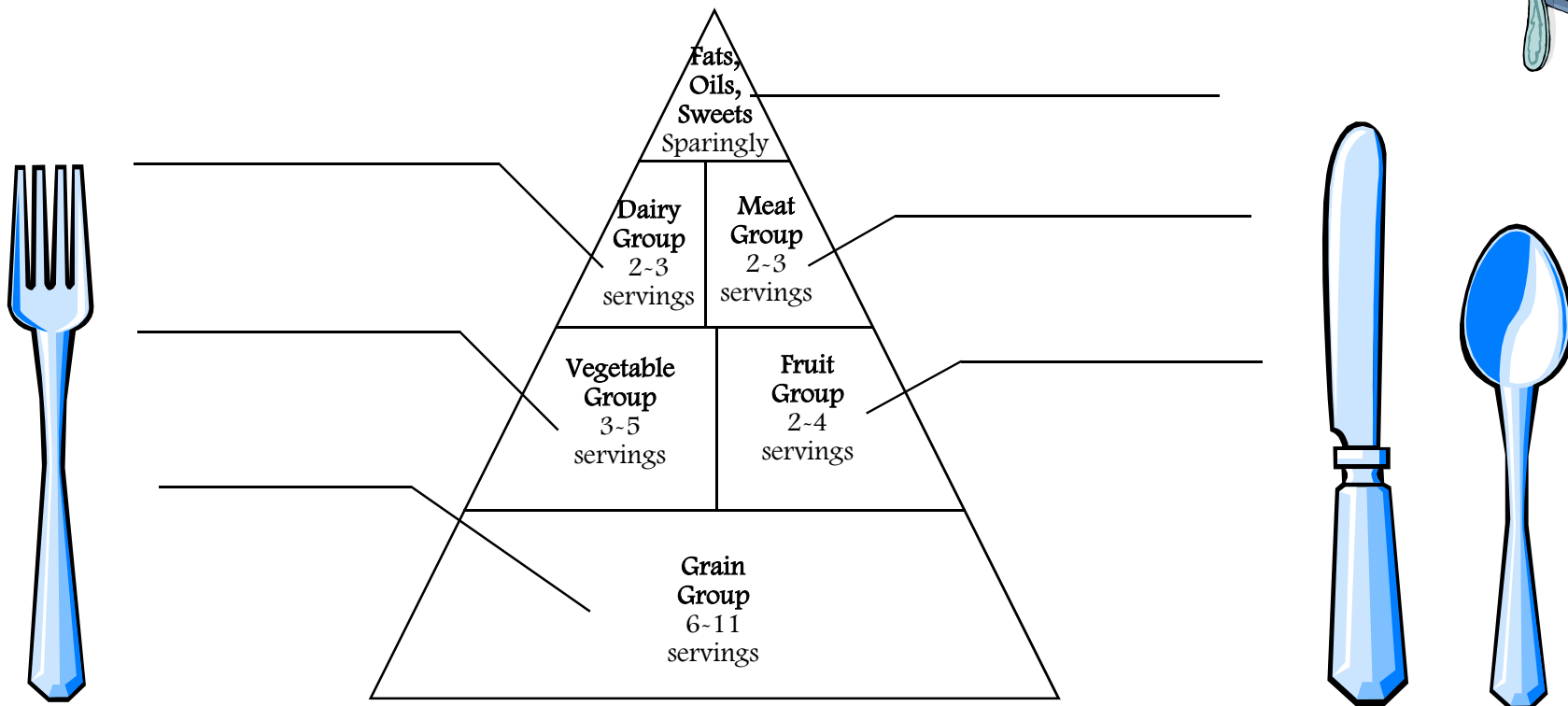
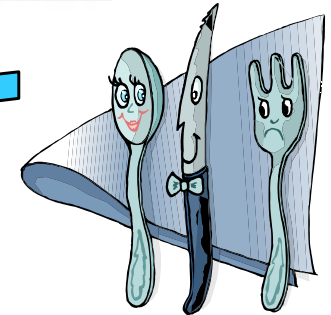


Our Mission

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

PLAN YOUR BREAKFAST



Did You Include...

- Milk, Yogurt, or Cheese?
- Fruit or Fruit Juice?
- Bread, Muffins, Pancakes, Biscuits, or Cereal?
- Meat, Peanut Butter, or Eggs?
- "Other" group

Write what you had for breakfast below, then write them on the pyramid above: _____
