

“Rockstar” Breakfast Group Activity

Health 5-Mrs.Maus

Group

Members: _____

This assignment is worth 15 total points (3 for each example). There is an extra credit treat for the group that comes up with the most unique and realistic breakfast! ☺

Your group needs to brainstorm 5 different examples of “Rockstar” breakfast meals. Remember, to be a breakfast with “rockstar” status, the meal must contain foods & beverages from all 5 of the main food groups. You may only use the same food and beverage example TWICE. Your examples must be authentic and realistic breakfasts that people your age would eat. GOOD LUCK!!!!

