

MY BREAKFAST ROUTINE

1 I WASH MY HANDS



2 I GRAB MY BREAKFAST



3 I CAN TAKE:
1 PROTEIN,
1 WHOLE GRAIN,
1 FRUIT.



I AM CAREFUL
NOT TO TOUCH
ANYTHING ELSE !

I DON'T SHARE
MY FOOD



4 I KEEP WHAT I DID NOT EAT



5 WHEN I'M FINISHED, I WASH MY HANDS

