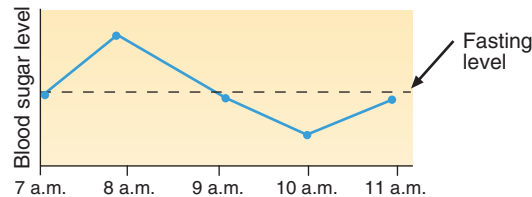
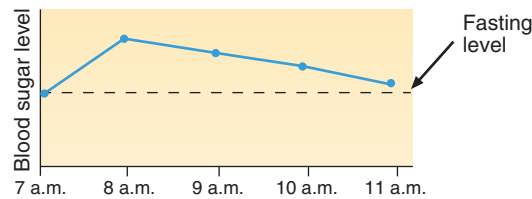


International Breakfast Club

Name _____

Your school will have an international breakfast day. You will help plan the meal that will keep students focused and energized throughout the morning. Circle the graph that shows how a healthy breakfast affects blood sugar levels. Write a sentence describing what's happening in the graph.



Considering the graph circled, pick two countries from table 13.1 and plan a healthy breakfast from each of them, choosing a combination of foods that will keep your blood sugar stable until lunchtime.

Country 1: _____

Breakfast menu: _____

Country 2: _____

Breakfast menu: _____

TABLE 13.1 Best-Choice Breakfast Foods From Around the World

Country	Common breakfast foods
Mexico	Fruit (bananas, cactus fruit, mangoes, oranges, pineapple) Whole-grain tortillas with beans and cheese Eggs with tomato-chili sauce and avocado Bolillos (100% whole-wheat rolls) Unflavored milk
China	Brown rice Steamed vegetable buckwheat dumplings Vegetables (bamboo shoots, bok choy, broccoli, eggplant, mushrooms, peppers, snow peas) Soybeans Fish
Ghana	Fish Yams Plantains Eggs Millet porridge
Turkey	Whole-rye bread Tomatoes with cucumbers and feta cheese Soft-boiled egg Lentil soup Yogurt with fresh apricots

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).