

Healthy Breakfast

Read Aloud Activity

Mr. and Mrs. Jones are on a diet. They are trying to lose weight.



Mr. Jones has high cholesterol, and Mrs. Jones has gained weight. Their doctor told them to start exercising and eating healthier foods. He told them to eat cereal or oatmeal each morning for breakfast instead of bacon and eggs.

Now, Mr. Jones eats cereal with low-fat milk for breakfast, and Mrs. Jones eats oatmeal. They miss eating a big breakfast, but they are sticking to their diets.

After breakfast, Mr. and Mrs. Jones take their dogs for a walk. Walking is good exercise.