

HEALTHY HARRY AND THE MISSING BREAKFAST

FIELD DAY IS HERE!



HARRY FORGETS TO EAT BREAKFAST.



AT FIRST, EVERYTHING IS FUN!



BUT SOON, HARRY FEELS TIRED AND HAS TROUBLE KEEPING UP.



BAILEY HELPS HARRY PREPARE A SIMPLE HEALTHY BREAKFAST.



OLIVER EXPLAINS HOW FOOD GIVES OUR BODIES ENERGY.



THE NEXT DAY, HARRY IS READY FOR ACTION AND FINISHES EVERY ACTIVITY WITH A SMILE!



HEALTHY CHOICE:
EATING BREAKFAST
HELPS FUEL OUR
BODIES!



 **msphi** Mississippi
Public Health
Institute