

What's for Breakfast? Worksheet 1 – Menu Planning Quiz for Fruits at Breakfast

Does each planned serving count as $\frac{1}{2}$ **cup** of the fruits component at breakfast? If not, why not?

Product 1: $\frac{1}{2}$ cup of fresh fruit	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 2: $\frac{1}{2}$ cup of canned fruit in juice	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 3: $\frac{1}{2}$ cup of canned fruit in light syrup	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 4: $\frac{1}{2}$ cup of canned fruit in heavy syrup	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 5: $\frac{1}{2}$ cup of dried fruit	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 6: $\frac{1}{2}$ cup of frozen fruit without added sugar	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 7: $\frac{1}{2}$ cup of frozen fruit with added sugar	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 8: $\frac{1}{2}$ cup of fruit juice	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 9: $\frac{1}{2}$ cup of red/orange, dark green or “other” fresh, frozen or canned vegetables	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 10: $\frac{1}{2}$ cup of legumes, e.g., kidney beans, black beans	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 11: $\frac{1}{2}$ cup of potatoes, e.g., hash browns	<input type="checkbox"/> yes <input type="checkbox"/> no
Product 12: $\frac{1}{2}$ cup of vegetable juice	<input type="checkbox"/> yes <input type="checkbox"/> no



The Connecticut State Department of Education's (CSDE) *What's for Breakfast* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbws1.