Good Grinding for Wise Dining  
Regular Eating  
Lesson 18: Breakfast  
"Let's start great with a breakfast plate"  
Tally Sheet  

<table>
<thead>
<tr>
<th>Island:</th>
<th>Site:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Date:</th>
</tr>
</thead>
</table>

Total Number of Participants: _______

<table>
<thead>
<tr>
<th>I plan to eat breakfast to keep me healthy.</th>
<th>Number of People Raising Their Hand After the Talk</th>
</tr>
</thead>
<tbody>
<tr>
<td>I plan to practice good hygiene skills when I prepare food.</td>
<td></td>
</tr>
<tr>
<td>I plan to drink water often to help keep me healthy.</td>
<td></td>
</tr>
</tbody>
</table>