

Never Say No to Breakfast!

Breakfast is the most important meal of the day! It refuels your body and mind for hours to come.

- Students who eat breakfast are more alert and perform better on school tests than students who do not eat breakfast. They are also more creative and energetic.
- Skipping breakfast adds pounds. When you don't eat breakfast, you're much more likely to have a snack before lunch—after all, you probably haven't eaten in 10–12 hours! Usually these snacks are more fat-filled and calorie-rich than breakfast would be. Skipping breakfast also slows down your metabolism, so you burn fewer calories.

Breakfast Menus

Don't like traditional breakfast foods? Try some of these ideas for nutritious, balanced breakfasts.

The Traditional: juice or fruit, whole-grain bread, cereal, milk

The Portable: yogurt, trail mix, fruit

The Savory: burrito or wrap filled with cheese, veggies, and meat or eggs; fruit

The European: roll, cheese, lean ham or turkey, sliced cucumbers, hard-boiled egg

The Wedge: veggie pizza, fruit

The Oozy: grilled peanut butter or cheese sandwich, fruit juice

The Liquid: low-fat milk, fruit, and ice (mixed in blender)

The Search for Breakfast

Find and draw a line through the following words in the word search puzzle.

Bagel	A	E	H	A	C	C	E	N	E	S	R	A
Banana												
Cantaloupe	L	G	A	T	A	A	T	L	T	U	N	R
Carrots												
Cereal	L	M	M	I	R	N	C	U	F	A	I	O
Cheese												
Cocoa	I	U	M	P	R	T	N	O	N	F	Z	L
Eggs	T	F	I	E	O	A	T	A	C	A	A	L
Ham												
Juice	R	F	L	W	T	L	B	I	T	O	H	W
Milk												
Muffin	O	I	K	B	S	O	C	E	R	E	A	L
Nuts												
Orange	T	N	R	G	R	U	E	S	E	E	H	C
Pita												
Raisins	L	E	G	A	B	P	Y	O	G	U	R	T
Roll												
Shake	E	E	N	A	K	E	J	U	I	C	E	A
Taco	F	G	A	R	A	I	S	I	N	S	S	C
Toast												
Tofu	E	K	A	H	S	T	T	S	A	O	T	O
Tortilla												
Tuna (2 Times!)												
Waffle												
Yogurt												

Use the leftover letters, row by row, left to right, to fill in the important nutrition message:

_____!