

# FUEL UP WITH BreakFast



FUEL YOUR BRAIN,  
eat Breakfast

Find your way through the Brain Maze!

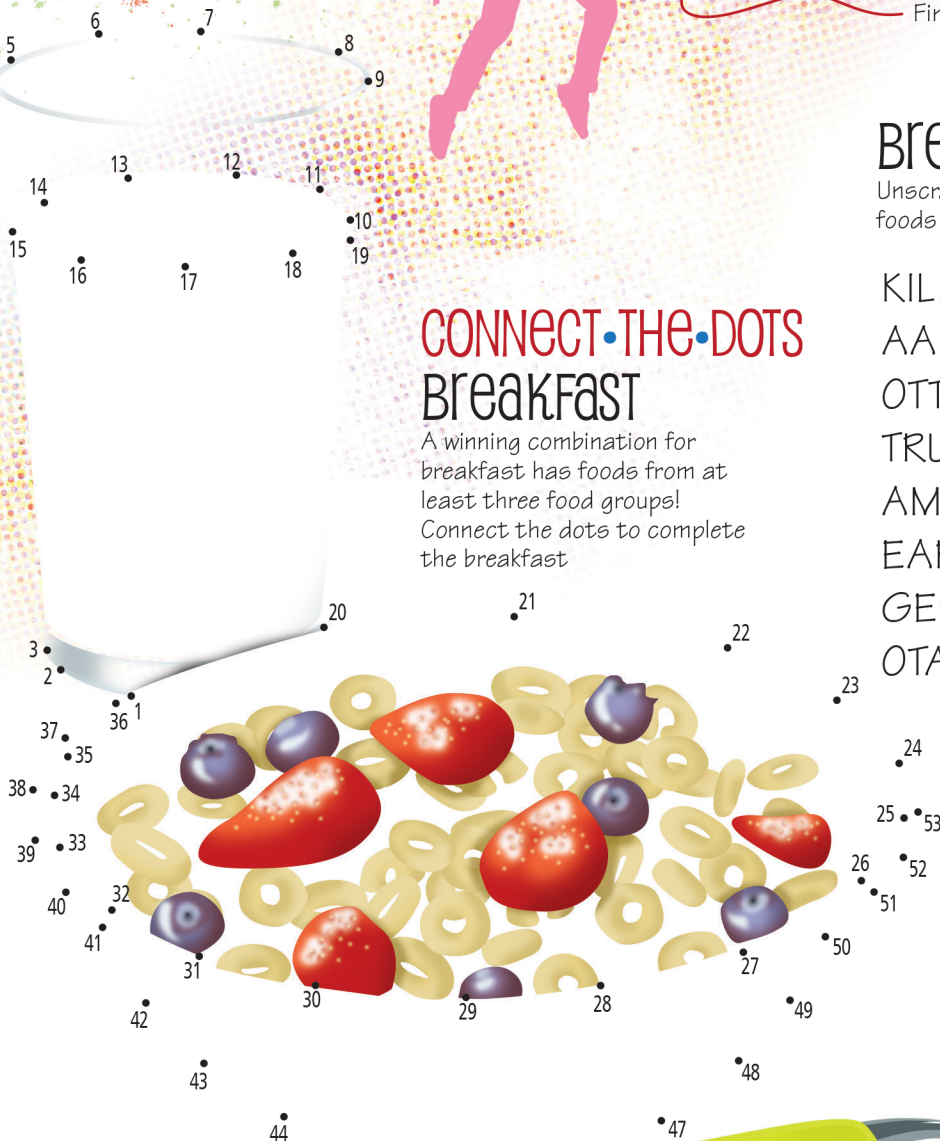
## BreakFast SCRAMBLE

Unscramble the names of these breakfast foods that fuel your mind and body!

- KILM \_\_\_\_\_
- AANABN \_\_\_\_\_
- OTTAS \_\_\_\_\_
- TRUYOG \_\_\_\_\_
- AMH \_\_\_\_\_
- EARECL \_\_\_\_\_
- GESG \_\_\_\_\_
- OTAEMLA \_\_\_\_\_

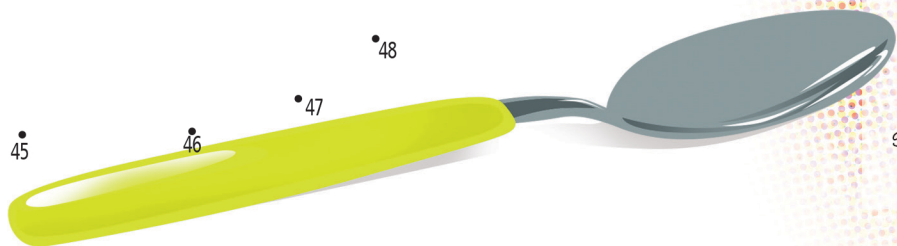
## CONNECT THE DOTS BreakFast

A winning combination for breakfast has foods from at least three food groups! Connect the dots to complete the breakfast.



## DID YOU KNOW?

Students that eat breakfast score higher on tests?



# FUEL YOUR BODY, eat Breakfast

Find these ACTIVITIES that make your body move!

FOOTBALL  
SKATEBOARD

SOCCER  
SWIM

DANCE  
SKI

TENNIS  
BIKE

Q E H J K M V D S O L B K X  
 Z A F V C E E O P J S F W D  
 A I P O V F G H Y U F C X  
 T U O A O G J L B I K E  
 K H F S S T Y R W D K M  
 W Q A Z O F B L P H U  
 X B U K C R W A E V U  
 J N D S C T T H L J  
 I B F R E D C U U L  
 S B H T R J S K I  
 K M N B F E L I Y  
 A R F Y C O P L  
 T E N N I S T R  
 E S A F F M L  
 B D W G A A L  
 O T E I J D  
 A F U H M S  
 R J U Y P  
 D K I U H  
 V M O U  
 E J M O  
 O E X  
 C X P  
 N U R  
 P R  
 N  
 Z



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