Searching for Breakfast

Jennifer Hillan and Claudia Peñuela

Breakfast gives us nutrients and energy to start the day! This first meal of the day is known as the most important. Find the breakfast words in the puzzle below. Remember to choose low-fat foods from the milk group and whole-grain items from the grains group.

CEREAL EGGS FRUITS
MILK OATMEAL SMOOTHIE
TOAST YOGURT

KEESMEITA
OGYETIEGO
FYKOHUPG
NRAMITRALU
ASUOKOQAQR
TFJICOELJT
POOBTMQNIC
UTEYSTVETM
AOKACEREAL
EROSGGYEJG

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