

Searching for Breakfast¹

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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	



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



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