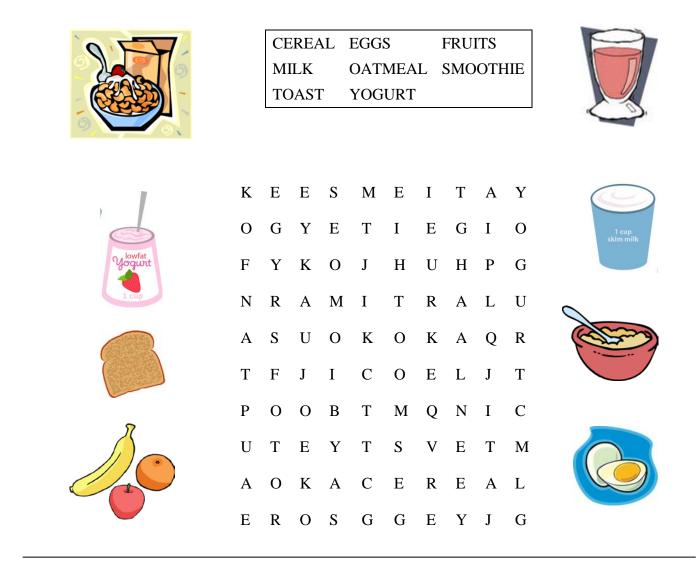


FCS8717

Searching for Breakfast¹

Jennifer Hillan and Claudia Peñuela²

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.



 This document is FCS8717, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: November 2001. Revised October 2010.

 Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer; Claudia Peñuela, EFNEP Assistant in Nutrition, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611

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