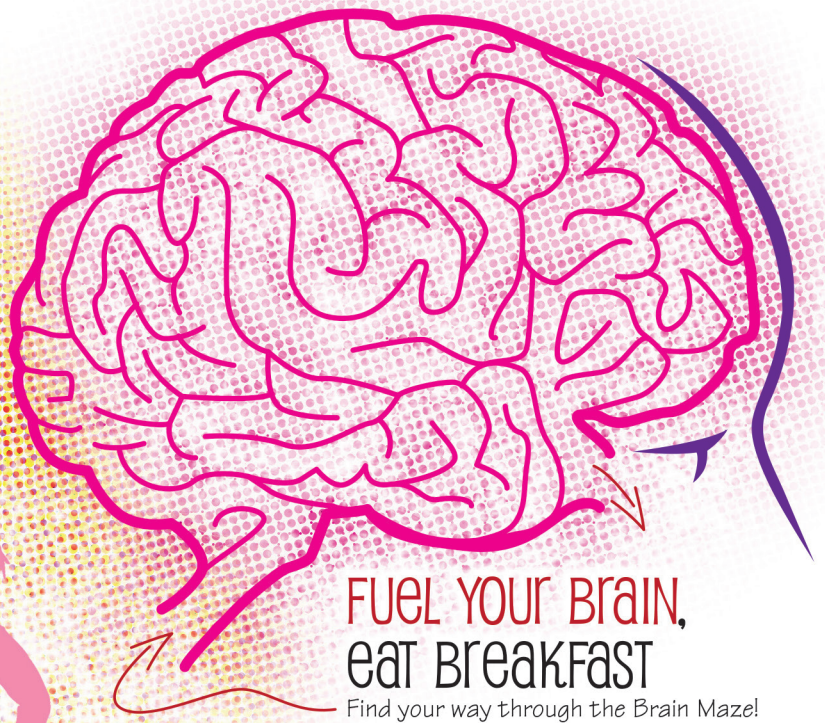


# FUEL UP WITH BreakFast



**FUEL YOUR BRAIN,  
eat BreakFast**

Find your way through the Brain Maze!

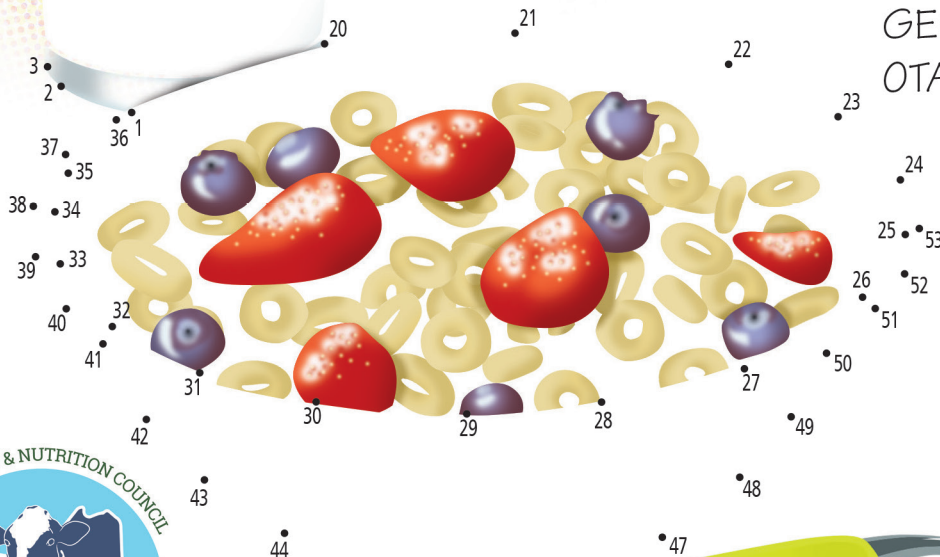
## BreakFast Scramble

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?



Resource Created by Washington Dairy Council



# 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												
P	R												
N													
Z													

FUEL UP WITH  
BreakFast