



Healthy Eating: Facts about Breakfast¹

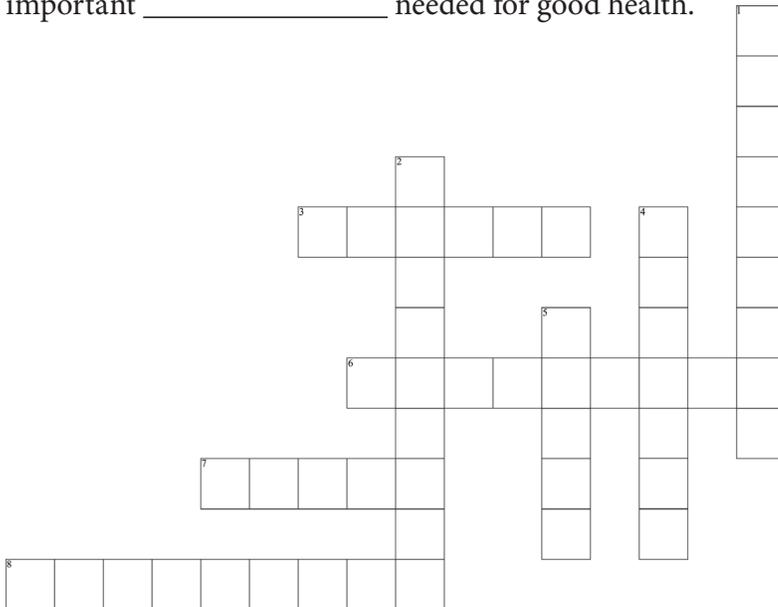
Linda B. Bobroff²

Across

3. Breakfast provides the _____ you need to start your day.
6. _____ are considered a breakfast food but they are high in calories and have few nutrients.
7. The idea that eating breakfast causes weight gain is _____.
8. Eating a well-balanced breakfast provides you with important _____ needed for good health.

Down

1. _____ is known as the most important meal of the day.
2. Breakfast does not need to be a bowl of cereal; you could have _____ like pasta from the night before instead.
4. Not liking breakfast foods and not being hungry in the morning are _____ for not eating breakfast.
5. For a well balanced breakfast, choose food from at least _____ different food groups.



Answers

- | | |
|--------------|--------------|
| 8. Nutrients | 5. Three |
| 7. False | 4. Excuses |
| 6. Doughnuts | 2. Leftovers |
| 3. Energy | 1. Breakfast |

Across Down

1. This document is FCS80009 (la versión de este documento en español es *Alimentación saludable: Realidades sobre el desayuno* (FCS80009-Span)), one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Original publication date March 2012. Reviewed May 2016. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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