Healthy Eating: Facts about Breakfast

Linda B. Bobroff

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

Across
3. Energy
6. Doughnuts
7. False
8. Nutrients

Down
1. Breakfast
2. Leftovers
4. Excuses
5. Three

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2. Linda B. Bobroff, professor, Department of Family, Youth and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

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