What Makes a Healthy Breakfast?

- A balanced breakfast has at least 3 food groups
- Kids who eat breakfast work and learn better in school
- Breakfast gives your brain fuel and energy to boost you through your day

Breakfast Word Search

Locate each word in the Word Bank in the word search below.

WORD BANK

BREAKFAST
EGGS
REAINS PLAY
CEREAL
ENERGY
HEALTHY
PROTEIN
VEGETABLES
DAIRY
FRUITS
MYPLATE
SMART

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

www.foodshuttle.org
A Rocket Fast Breakfast

**Ingredients**
1 cup of low-fat yogurt, divided
1 cup chopped fruit—bananas, berries, pineapple, orange slices
3/4 cup granola or whole grain cereal
Dash of Cinnamon
Honey

**Materials**
Measuring cups • Bowl

**Directions**
1. Place 1/3 cup yogurt in the bottom of a bowl.
2. Add 1/3 cup chopped fruit, and a small portion of the granola.
3. Layer another 1/3 cup yogurt on top of granola, and add 1/3 cup chopped fruit, and the rest of the granola.
4. Layer 1/3 cup yogurt on top of granola. Add the rest of the fruit on top. Sprinkle with a little cinnamon and honey on top.

**Chef's Notes**
- Use chopped, unsalted nuts instead of granola
- Mash up fruit with a fork to make a smooth consistency to layer

Train Like an Astronaut with Jumping Jacks

1. Do five jumping jacks on Day 1. Mark it on your fitness chart.
2. Add five more jumping jacks on Day 2. Mark that on your chart.
3. Keep adding five jumping jacks each day until you can do 25 jumping jacks.
4. Make your own chart and keep jumping!

Hey Parents!

Breakfast is good for kids and adults. Be a role model and have breakfast with your kids when you can.