* BUILDING A BETTER BREAKFAST *

What is a BETTER BREAKFAST?

Any breakfast is better than no breakfast. Here are some tips to help you build a better breakfast that will give you the energy to start the day:

- ★ Try not to have doughnuts and pastries all the time. They are high in sugar, calories, and fat, and they will not keep you full for very long. They are also missing important nutrients that you need to grow.
- ★ Eat a variety of foods at breakfast. Try to include fruits, vegetables, whole grains, protein, and dairy.

BREAKFAST BANANA DOG

Try this great recipe that includes yummy fruit and peanut butter.

2 SERVINGS

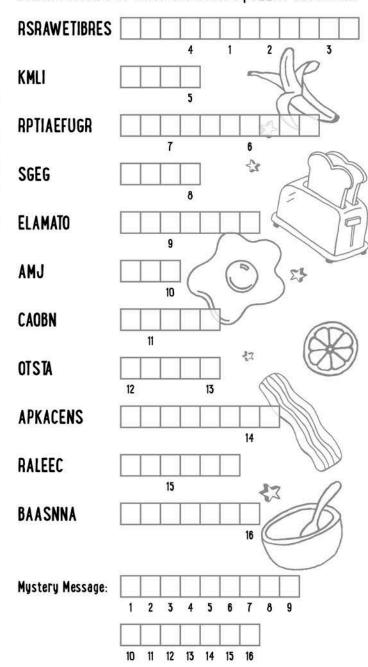
INGREDIENTS:

- 2 bananas
- 4 Tbsp. of peanut butter
- 2 whole-grain hot dog buns
- 2 Tbsp. of raisins

DIRECTIONS:

Place bananas in hot dog buns, spread peanut butter over the bananas and sprinkle with raisins. Serve with a side of low-fat milk.

Unscramble each breakfast-related word. Then use the marked letters to solve the second puzzle. Good luck!



Mystery Message: Breakfast Matters

T. BACON 8. TOAST 9. PANCAKES 10. CEREAL 11. BANANAS Answers: 1. STRAWBERRIES 2. MILK 3. GRAPEFRUIT 4. EGGS 5. OATMEAL 6. JAM