NUTRITION IN ACTION

EAT, DRINK, and LIVE HEALTHY

September 2008

Brain Food for Success at School

Easy Breakfast Tips

A smart breakfast helps you do your best every day - at school (and at work for adults). A morning meal refuels your body after your overnight fast, improves your mood for the day, and helps your brain get ready to learn and do well at school.

A healthy breakfast is as simple as 1, 2, 3!

1. A high-energy **CARBOHYDRATE** from the bread and cereal group.
2. A good source of **PROTEIN**, such as foods from the milk or meat group
3. A juicy and refreshing **FRUITS** or **VEGGIE**.

A smart, quick breakfast can be as simple as one of these morning meals:

☺ Cold cereal with sliced bananas and low-fat milk
☺ Hot cereal with raisins, nuts, and low-fat milk
☺ English muffin pizza (tomato sauce & cheese)
☺ Toaster waffles with applesauce and yogurt
☺ Breakfast burrito (tortilla, beans, cheese, & salsa)
☺ Peanut butter and banana sandwich with milk
☺ Yogurt parfait with layers of fruit and cereal

Check out BREAKFAST AT SCHOOL.
Many Mississippi schools offer a tasty, low cost meal before the school day begins.

Breakfast Word Search

Can you find **18** tasty breakfast foods hidden in this puzzle?

r	a	k	i	w	i	h	k	j	u	x	w	q	c	j	o
s	w	o	n	n	n	u	r	a	i	s	i	n	s	r	c
a	z	z	i	p	c	h	d	m	h	j	o	x	r	o	q
k	o	y	u	a	e	s	t	w	t	r	u	g	o	y	k
v	f	z	p	b	r	p	f	q	c	s	z	h	g	e	i
k	u	p	w	k	e	p	n	y	t	f	n	a	k	p	f
u	p	y	q	n	a	k	s	u	l	i	s	a	s	l	d
j	v	a	i	a	l	n	n	n	f	e	c	n	j	w	p
u	k	r	j	l	o	h	j	f	i	n	f	b	a	i	r
i	y	s	s	l	f	r	u	k	a	s	a	u	z	e	h
c	l	p	e	i	a	m	a	p	l	n	i	z	w	l	b
e	f	j	s	t	v	p	s	n	a	i	a	a	d	h	s
x	a	h	e	r	f	n	p	n	g	o	m	q	r	j	g
a	i	s	e	o	h	t	a	l	z	e	z	t	s	r	g
y	o	a	h	t	l	d	w	w	e	k	h	u	f	m	e
b	c	m	c	k	k	b	w	a	f	f	l	e	y	a	m

banana milk orange yogurt kiwi apple
juice eggs raisins pizza cereal waffle
pancake beans tortilla cheese muffin nuts

Health is Academic

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