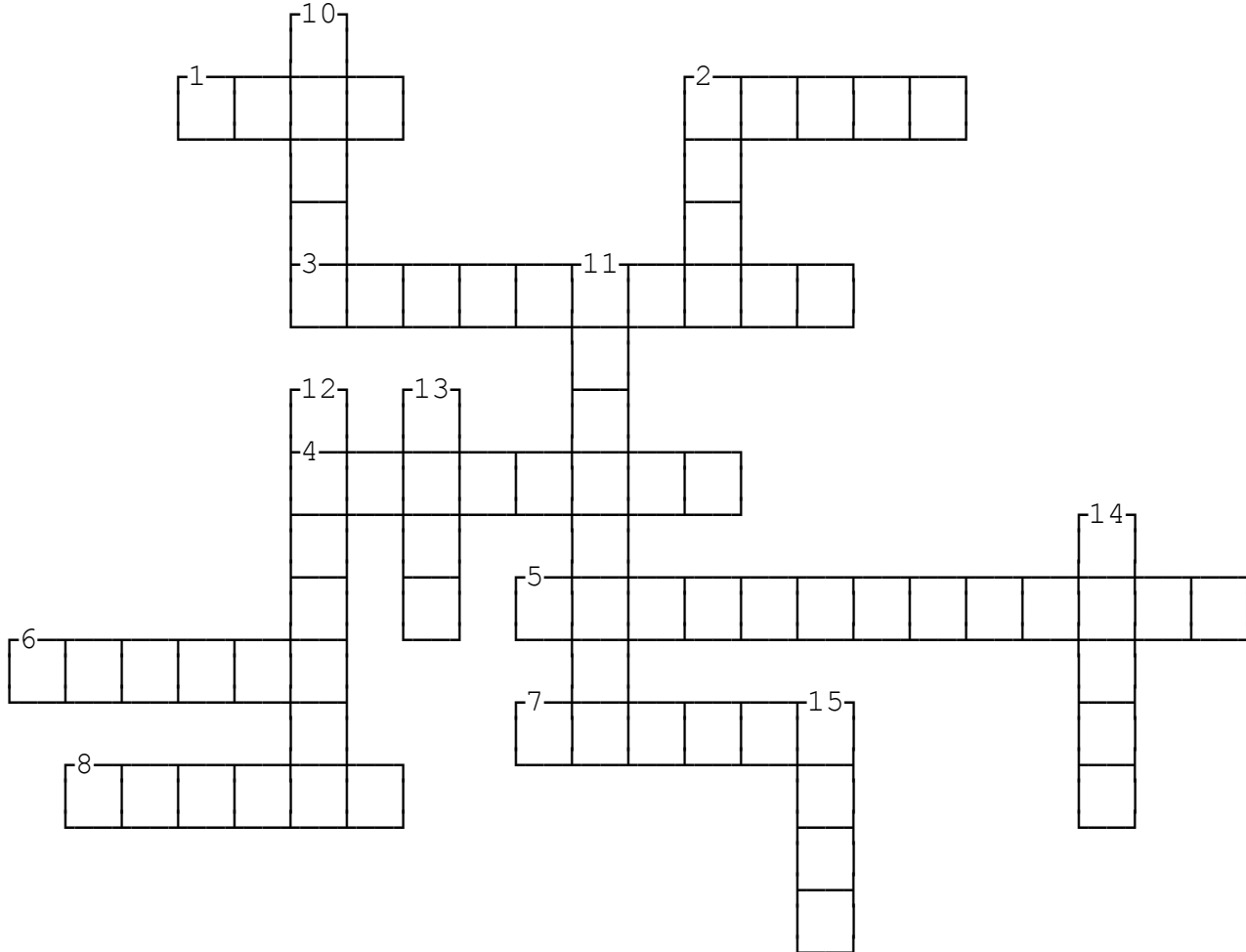


BREAKFAST CROSSWORD PUZZLE

Name _____ Period _____ Assign # _____



ACROSS:

1. A reason many give for not eating breakfast: "I'm on a _____."
2. Another reason given for not eating breakfast: "But I don't like breakfast kinds of _____."
3. The omission of breakfast has been shown to detract from _____ achievement.
4. The _____ of breakfast results in decreased efficiency in the late morning hours.
5. The food you eat for breakfast is not a determining factor in the efficiency of breakfast so long as the breakfast is _____ adequate.
6. To form good breakfast habits, keep breakfast menus _____.
7. The omission of breakfast has no advantage in a _____ reduction program.
8. A breakfast should provide a minimum one-_____ the daily caloric requirement.

DOWN:

2. Breakfast supplies nutrients and calories to the body after a night's _____.
10. To form good breakfast habits, plan breakfast _____ ahead.
11. The omission of breakfast was demonstrated in research to result in poorer _____ toward school work.
12. The _____ of breakfast is not a determining factor in the efficiency of breakfast so long as the breakfast is nutritionally adequate.
13. Another reason given for not eating breakfast: "I don't have enough _____."
14. Breakfast supplies nutrients and calories to the body after not eating all night long, thus maintaining the _____ sugar level during the morning hours.
15. Allow sufficient _____ to prepare breakfast.