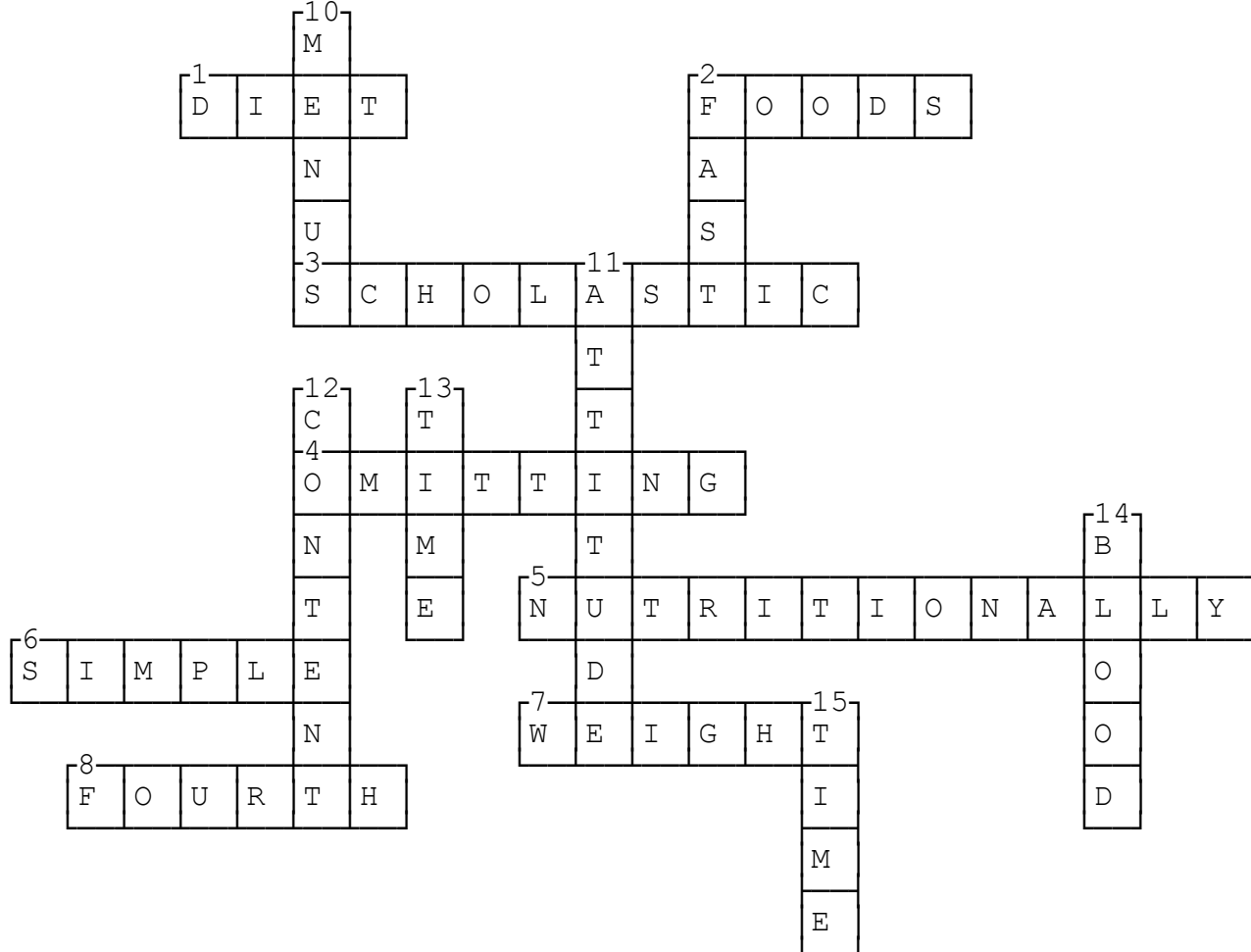


Name _____ Period _____ Assign # _____

**ACROSS:**

- A reason many give for not eating breakfast: "I'm on a (diet)."
- Another reason given for not eating breakfast: "But I don't like breakfast kinds of (foods)."
- The omission of breakfast has been shown to detract from (scholastic) achievement.
- The (omitting) of breakfast results in decreased efficiency in the late morning hours.
- The food you eat for breakfast is not a determining factor in the efficiency of breakfast so long as the breakfast is (nutritionally) adequate.
- To form good breakfast habits, keep breakfast menus (simple).
- The omission of breakfast has no advantage in a (weight) reduction program.
- A breakfast should provide a minimum one- (fourth) the daily caloric requirement.

DOWN:

- Breakfast supplies nutrients and calories to the body after a night's (fast).
- To form good breakfast habits, plan breakfast (menus) ahead.
- The omission of breakfast was demonstrated in research to result in poorer (attitude) toward school work.
- The (content) of breakfast is not a determining factor in the efficiency of breakfast so long as the breakfast is nutritionally adequate.
- Another reason given for not eating breakfast: "I don't have enough (time)."
- Breakfast supplies nutrients and calories to the body after not eating all night long, thus maintaining the (blood) sugar level during the morning hours.
- Allow sufficient (time) to prepare breakfast.