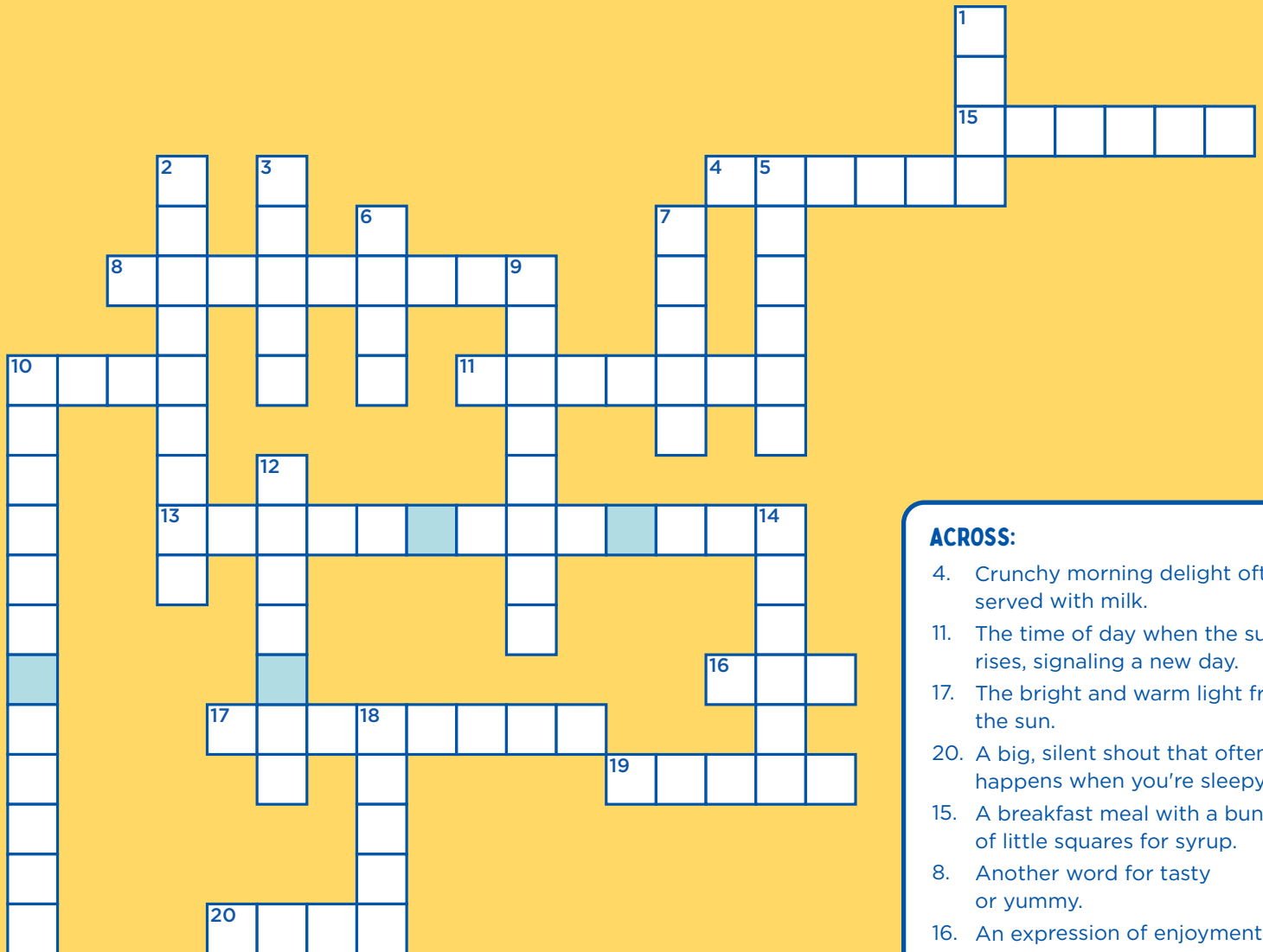


CATCH THE BREAKFAST WAVE

NOURISH
KIDS for
WHAT'S NEXT



DOWN:

1. A container used for holding cereal.
2. The first meal of the day.
3. A tasty drink made from fruits, like orange or apple.
5. The power needed to play and have fun.
6. Often poured over cereal.
7. An apple, banana, or blueberry are examples of this tasty and healthy snack.
9. A blended drink made with fruits, yogurt, and sometimes ice.
10. A breakfast made with bread, eggs, milk, and sometimes vanilla and cinnamon.
12. The action of getting out of bed and starting the day.
14. A creamy and often fruity treat that goes well with granola.
18. Use it to scoop up your cereal or other delicious foods.

ACROSS:

4. Crunchy morning delight often served with milk.
11. The time of day when the sun rises, signaling a new day.
17. The bright and warm light from the sun.
20. A big, silent shout that often happens when you're sleepy.
15. A breakfast meal with a bunch of little squares for syrup.
8. Another word for tasty or yummy.
16. An expression of enjoyment when eating something tasty.
13. The first thing you do in the morning to begin your activities.
19. A flat dish used for serving food, like pancakes or eggs.
10. Use it to pick up bites of food.

CROSSWORD ANSWERS:
Across: 4. Cereal, 11. Morning, 17. Sunshine, 20. Yawn, 15. Waffle, 8. Delicious, 16. Yum, 13. Start the day, 19. Plate, 10. Fork
Down: 1. Bowl, 2. Breakfast, 3. Juice, 5. Energy, 6. Milk, 7. Fruit, 9. Smoothie, 10. French Toast, 12. Wake up, 14. Yogurt, 18. Spoon

CATCH THE BREAKFAST WAVE

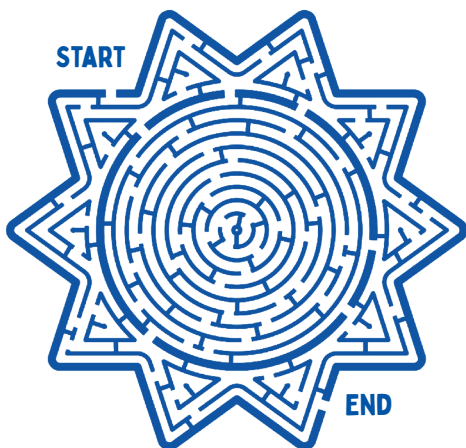
NOURISH

KIDS for

WHAT'S NEXT



START



END

RIDDLES

1. WHAT HAS TO BE BROKEN BEFORE YOU CAN USE IT?
2. WHAT FRUIT DOESN'T RHYME WITH ANY OTHER WORDS?
3. NEVER RESTING, NEVER STILL. MOVING SILENTLY FROM HILL TO HILL. IT DOES NOT WALK, RUN OR TROT. ALL IS COOL WHERE IT IS NOT.

ANSWERS: An egg, Orange, The sun