POWER UP! WITH SCHOOL BREAKFAST

WWW.SCHOOLBREAKFAST.ORG

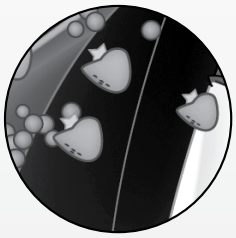
SCHOOL BREAKFAST HEROES FAVORITE FOODS

EACH OF THE SCHOOL BREAKFAST HEROES HAS A FAVORITE FOOD OR DRINK THAT HELPS THEM POWER UP-CAN YOU GUESS WHAT IT IS? DRAW A LINE BETWEEN THE HERO AND THEIR FAVORITE FOOD

CRUNCH

FRUIT AVENGER

MR. BREAKFAST



SUSIE POWERS SANDWICH SENSEI

YOGURL

MR. BREAKFAST

HOW MANY WORDS CAN YOU MAKE FROM MR. BREAKFAST'S NAME IN 1 MINUTE (AIM FOR 10 OR MORE)

MAST

WHY IS BREAKFAST IMPORTANT FOR TEENS?

THE NUTRIENTS TEENS MISS WHEN THEY SKIP BREAKFAST ARE RARELY RECOUPED AT OTHER MEALS. BONE HEALTH IS COMPROMISED AT A CRITICAL TIME IN THEIR LIVES-MOST BONE MASS IS ACCUMULATED BEFORE AGE 20. AND BREAKFAST SKIPPERS HAVE CONSIDERABLY LOWER INTAKE OF KEY VITAMINS AND MINERALS.

ANSWERS!

1. SUSIE POWERS, SANDWICH SENSEI-BREAKFAST SANDWICH
2. MR. BREAKFAST-MILK
3. FRUIT AVENGER-STRAWBERRIES
4. YOGURL-YOGURT
5. CRUNCH-WHOLEWHEAT TOAST