

# the BREAKFAST CROSSWORD

## ACROSS

1. EAT THIS SAUCY FOOD FOR EXTRA FIBRE AND IRON
2. THIS ROUND, RED FOOD IS THE 'T' IN A BLT SANDWICH
3. A NUTTY, OATY SNACK TO ENJOY ON THE GO
4. PUT THESE ON YOUR OATMEAL FOR A SWEET TREAT
5. EAT THIS FOOD, SCRAMBLED, BOILED OR POACHED
6. A HEALTHY ADDITION TO YOUR CEREAL
7. MASH THIS UP AND PUT IT IN BREAKFAST BURRITOS
8. THE HEALTHIEST DRINK IN YOUR KITCHEN
9. SKIPPING BREAKFAST CAN NEGATIVELY AFFECT THIS

## DOWN

1. THE MOST IMPORTANT MEAL OF THE DAY
2. TOO MUCH OF THIS AT BREAKFAST IS BAD FOR YOUR TEETH
3. BROWN BREAD GIVES YOU MORE OF THIS THAN WHITE BREAD
4. A SMALL BITE EATEN BETWEEN BREAKFAST AND LUNCH
5. BREAKFAST RECHARGES THE BODY AFTER THIS
6. THIS FRUIT DRINK IS RICH IN VITAMIN C
7. BREAKFAST 'SOLDIERS' ARE MADE OF THIS
8. A GOLDEN, CRESCENT SHAPED PASTRY
9. SPREAD CREAM CHEESE OR JAM ON THIS
10. BLEND BERRIES, BANANAS & YOGURT TO MAKE THIS

