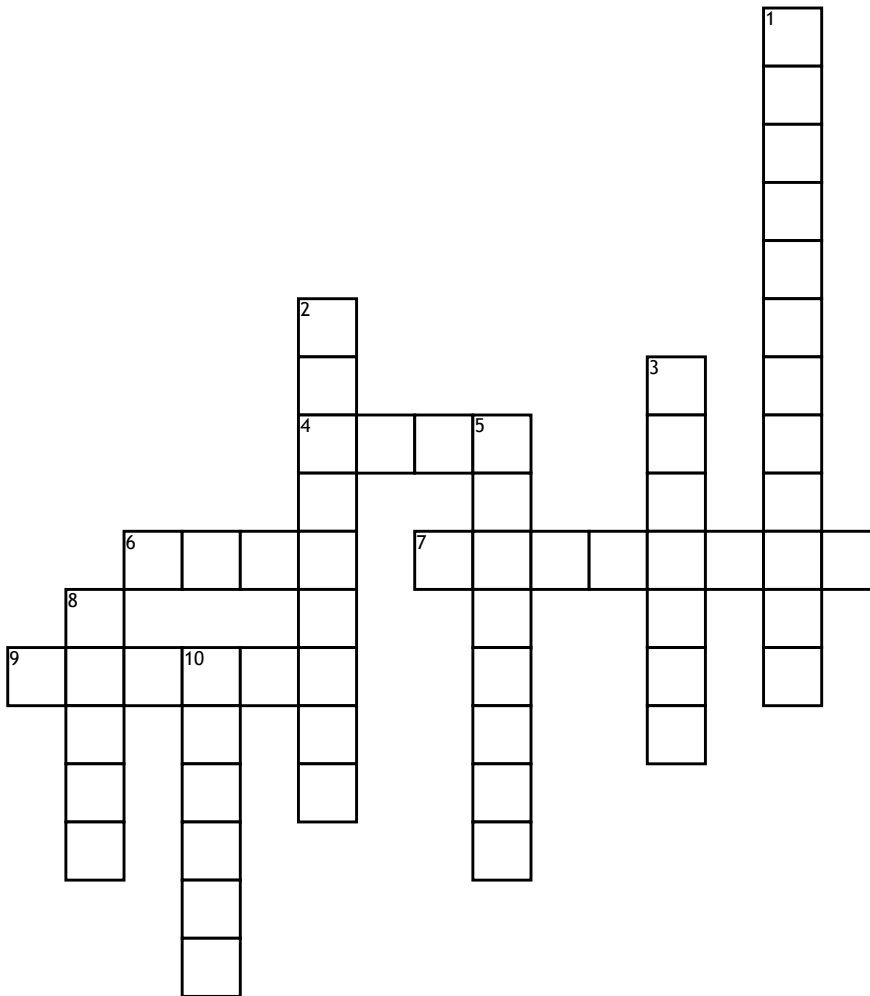


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Dive Into Breakfast



## Across

4. A high source of protein - you can eat these scrambled, boiled, or if you're fancy - poached
6. The beverage provides high amounts of calcium which helps build strong bones and teeth
7. This vitamin is beneficially for your immune system and fights free radicals in the body
9. This fruit has a high amount of potassium and is a great snack before exercising

## Down

1. This is found in fruits and vegetables and aids in fighting free radicals in the body
2. You should eat this within 30 mins to an hour of waking up in the morning
3. The breakfast dish has a high amount of fiber which aids in digestion
5. A great cardiovascular exercise that strengthens almost every muscle in your body with limited joint impact
8. This is a food group that incorporate yogurts, milks, and cheeses
10. The fruit can be eaten with the skin as it provides addition fiber and are high in Vitamin C