

HANDOUT:

Fast Breaks to B.R.E.A.K.F.A.S.T.

Step 1:

The Foods in Breakfast

In the "Breakfast Foods" column next to each of the letters listed below, write the names of at least two foods you can eat for breakfast that start with that letter. (For example, B = bread sticks, bagels, banana shake; R = raisins, rolls, rice cereal.)

Step 2:

Breakfast Moves

In the "Breakfast Moves" column next to each of the letters listed below, write the names of at least two physical activities you can do that start with that letter. (For example, B = basketball, break dancing; R = running, rappelling (mountain or cliff climbing), racquetball; E = exercise.)

Breakfast Foods	Letter	Breakfast Moves (Activity Ideas)
_____	B	_____
_____	R	_____
_____	E	_____
_____	A	_____
_____	K	_____
_____	F	_____
_____	A	_____
_____	S	_____
_____	T	_____



**Family Nutrition
Education Programs**
Nutrition and life skills for Missouri families

Funded in part by USDA SNAP.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fst/fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

Kangaroo Jump 5: Power Up the Day - 93

Reprinted by University of Missouri Extension with permission from Michigan State University Extension

New 5/07; Reviewed 5/09/WEB