

National Nutrition Month® 2017

# What's for Breakfast?

## Word Search for Kids



Words may be horizontal, vertical, or diagonal.

1. Oatmeal	M	B	L	F	G	H	J	D	L	S	T	M	K	R	P	Q	F	L	X	T	C	M	N	P
2. Eggs	K	P	A	V	D	S	H	L	F	R	E	N	C	H	T	O	A	S	T	N	G	L	F	R
3. Cereal	R	W	Q	G	L	K	F	V	S	D	B	R	S	T	H	J	L	M	R	S	P	K	M	W
4. Bagel	N	B	V	C	E	F	P	Q	R	T	N	S	M	S	A	N	D	W	I	C	H	G	L	A
5. Milk	Z	C	R	M	Q	L	P	K	S	X	V	M	R	T	W	B	T	L	K	F	T	O	P	F
6. Waffles	M	T	S	N	R	V	X	A	B	T	R	O	V	X	M	Y	P	K	L	B	N	R	V	F
7. Cheese	R	Z	L	U	H	W	O	Q	S	M	N	O	K	L	C	I	V	P	Q	R	D	A	S	L
8. Banana	N	M	C	T	S	T	Y	L	B	R	V	T	N	M	P	R	L	B	T	G	J	N	M	E
9. Yogurt	T	D	M	B	N	R	S	P	Q	L	K	H	V	B	N	F	G	K	H	R	S	G	T	S
10. Toast	P	Q	X	U	M	L	G	D	V	C	S	I	K	L	W	D	P	R	N	M	V	E	L	G
11. Smoothie	L	P	V	T	D	W	L	R	X	P	Z	E	R	F	N	M	F	E	K	R	Z	F	T	M
12. Grits	X	A	Z	T	Q	E	R	Z	I	L	F	G	J	T	P	B	S	V	Y	O	G	U	R	T
13. Berries	M	N	V	E	R	G	C	V	G	T	W	K	L	V	Z	E	V	B	C	X	L	Q	P	N
14. French toast	R	C	B	R	V	G	L	W	D	P	S	R	N	K	E	M	T	Z	R	B	C	M	N	L
15. Muffin	J	A	Q	L	F	S	X	A	C	V	B	T	Y	H	T	L	N	K	F	P	E	Q	R	Z
16. Nut butter	L	K	F	B	R	Z	N	K	B	L	Q	P	C	S	R	N	Z	B	E	R	R	I	E	S
17. Sandwich	V	E	R	G	M	A	T	L	P	W	X	V	N	D	W	L	T	V	C	P	E	C	D	L
18. Orange	N	Y	W	Z	N	B	L	X	J	B	M	U	F	F	I	N	L	S	Q	R	A	M	F	G
19. Pancake	B	F	K	A	V	T	N	M	C	D	Z	X	R	G	J	K	R	V	M	S	L	Q	R	T
20. Tortilla	N	M	B	D	Z	R	O	A	T	M	E	A	L	F	L	T	M	L	V	D	C	N	L	B
	X	C	V	R	T	L	K	J	H	F	R	G	M	V	T	O	R	T	I	L	L	A	P	Q

For additional breakfast ideas, be sure to check out the "Power Up with Breakfast" Nutrition Tip Sheet.

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## Solution:

M	B	L	F	G	H	J	D	L	S	T	M	K	R	P	Q	F	L	X	T	C	M	N	P
K	P	A	V	D	S	H	L	F	R	E	N	C	H	T	O	A	S	T	N	G	L	F	R
R	W	Q	G	L	K	F	V	S	D	B	R	S	T	H	J	L	M	R	S	P	K	M	W
N	B	V	C	E	F	P	Q	R	T	N	S	M	S	A	N	D	W	I	C	H	G	L	A
Z	C	R	M	Q	L	P	K	S	X	V	M	R	T	W	B	T	L	K	F	T	O	P	F
M	T	S	N	R	V	X	A	B	T	R	O	V	X	M	Y	P	K	L	B	N	R	V	F
R	Z	L	U	H	W	O	Q	S	M	N	O	K	L	C	I	V	P	Q	R	D	A	S	L
N	M	C	T	S	T	Y	L	B	R	V	T	N	M	P	R	L	B	T	G	J	N	M	E
T	D	M	B	N	R	S	P	Q	L	K	H	V	B	N	F	G	K	H	R	S	G	T	S
P	Q	X	U	M	L	S	D	V	C	S	I	K	L	W	D	P	R	N	M	V	E	L	G
L	P	V	T	D	W	L	R	X	P	Z	E	R	F	N	M	F	E	K	R	Z	F	T	M
X	A	Z	T	Q	E	R	Z	I	L	F	G	J	T	P	B	S	V	Y	O	G	U	R	T
M	N	V	E	R	G	C	V	G	T	W	K	L	V	Z	E	V	B	C	X	L	Q	P	N
R	C	B	R	V	G	L	W	D	P	S	R	N	K	E	M	T	Z	R	B	C	M	N	L
J	A	Q	L	F	S	X	A	C	V	B	T	Y	H	T	L	N	K	F	P	E	Q	R	Z
L	K	F	B	R	Z	N	K	B	L	Q	P	C	S	R	N	Z	B	E	R	R	I	E	S
V	E	R	G	M	A	T	L	P	W	X	V	N	D	W	L	T	V	C	P	E	C	D	L
N	Y	W	Z	N	B	L	X	J	B	M	U	F	F	I	N	L	S	Q	R	A	M	F	G
B	F	K	A	V	T	N	M	C	D	Z	X	R	G	J	K	R	V	M	S	L	Q	R	T
N	M	B	D	Z	R	O	A	T	M	E	A	L	F	L	T	M	L	V	D	C	N	L	B
X	C	V	R	T	L	K	J	H	F	R	G	M	V	T	O	R	T	I	L	L	A	P	Q