

1. "START YOUR DAY" word finder

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

Going across and down the grid, there are 8 words that will give you a good start to your day. See if you can find them all.

Words to find:

- MILK
- CEREAL
- EGGS
- OATS
- TOAST
- WATER
- FRUIT
- YOGHURT

2. MAZE

Draw a path from the start point to the finish line.



3. FOOD CHOICE

It is Saturday morning and Aisha has a sports class at 11:30 am. She had breakfast at 7am, it's now 9:30am and she's hungry. Help Aisha by colouring in the three circled foods that will help her perform at her best.

HINT

Eating food high in fat or in added sugar will make Aisha feel tired.



Cheese Manakish



Apple



Burger



Turkey and Cheese sandwich



Fries



Water



Cupcake



Donuts

DID YOU KNOW?

- A nutritious breakfast will give you the energy to power you through your morning.
- Breakfast means: breaking the fast; after a long night of sleep without eating anything.

