



WORKING FOR A
HEALTHIER TN



Breakfast Crossword

Answer Key

ACROSS

2. Main ingredient of parfaits (**YOGURT**)
4. Blended drink that can include fruits and vegetables (**SMOOTHIE**)
6. Whole grain that can have additions such as cinnamon, raisins and apples (**OATMEAL**)
9. Often sliced into cereal (**BANANA**)
10. Warm drink that peps people up (**COFFEE**)

DOWN

1. Topping for pancakes (**SYRUP**)
3. Hot drink filled with antioxidants (2 words) (**GREEN TEA**)
5. Type of toast that is a healthy choice (2 words) (**WHOLE WHEAT**)
6. Fruit filled with vitamin C (**ORANGE**)
7. This can be made into an omelet with vegetables such as spinach, mushrooms and onions (**EGG**)
8. Topping for toast (**JAM**)