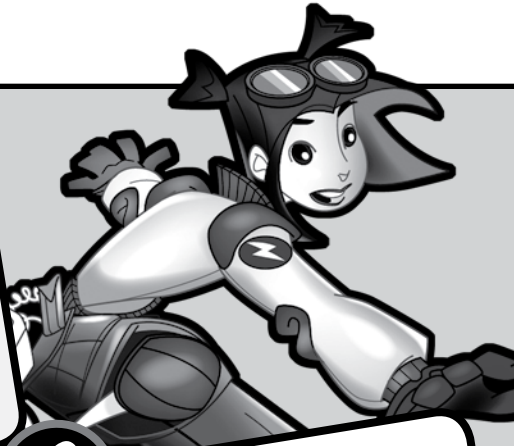


ARE YOU A SCHOOL BREAKFAST SUPERHERO?



ANSWER THE QUESTIONS AND ADD UP THE POINTS TO FIND OUT IF YOU ARE A SCHOOL BREAKFAST HERO OR A BREAKFAST SKIPPER.

1 HOW MANY DAYS A WEEK DO YOU EAT BREAKFAST AT SCHOOL OR AT HOME?
A. EVERY DAY
B. 3-5 TIMES A WEEK
C. 1-2 TIMES A WEEK
D. NEVER

2 WHAT ARE THE RESULTS OF SKIPPING BREAKFAST?
A. RAVENOUS BY LUNCH TIME
B. LACK OF CONCENTRATION
C. HUNGRY IN CLASS
D. ALL OF THE ABOVE

3 WHICH OF THE FOLLOWING FOODS PROVIDES THE MOST PROTEIN?
(PROTEIN IS CRITICAL FOR BUILDING STRONG MUSCLES)
A. CINNAMON ROLL
B. SCRAMBLED EGGS
C. CARAMEL DOUGHNUT
D. CHOCOLATE BAR

4 PEOPLE WHO EAT A HEALTHY BREAKFAST ARE MORE LIKELY TO:
A. CONSUME MORE VITAMINS AND MINERALS AND LESS FAT AND CHOLESTEROL
B. HAVE MORE STRENGTH AND ENDURANCE
C. CONTROL THEIR WEIGHT
D. ALL OF THE ABOVE

5 WHAT TWO INGREDIENTS IN MILK AND YOGURT ARE IMPORTANT FOR STRONG AND HEALTHY BONES?
(1 POINT FOR EACH)
A. CALCIUM AND VITAMIN Z
B. IRON AND VITAMIN D
C. CALCIUM AND VITAMIN D
D. IRON AND VITAMIN D

6 WHICH OF THE FOLLOWING COUNT AS A SERVING OF WHOLE GRAIN?
(PICK ALL THAT APPLY)
A. SLICE OF WHOLE WHEAT BREAD
B. JELLY DOUGHNUT
C. 1/2 CUP OF COOKED OATMEAL
D. A SODA



SCHOOL BREAKFAST SUPERHERO-10+ POINTS

CONGRATULATIONS, YOU ARE A SCHOOL BREAKFAST SUPERHERO AND POWERED UP FOR A DAY OF LEARNING AND ACHIEVEMENT. KEEP IT UP HERO!

APPRENTICE SCHOOL BREAKFAST SUPERHERO-5-9 POINTS

YOU ARE WELL ON YOUR WAY TO BEING A BREAKFAST HERO. REMEMBER TO EAT A HEALTHY BREAKFAST EACH DAY AND YOU WILL BE POWERED UP TO SUPERHERO STATUS BEFORE YOU KNOW IT.

BREAKFAST SKIPPER-LESS THAN 4 POINTS

OH NO, YOU MUST ALWAYS BE STARVING BY LUNCHTIME! DON'T DESPAIR IT IS EASY TO BECOME A SCHOOL BREAKFAST SUPERHERO, JUST START EATING A NUTRITIOUS BREAKFAST AT SCHOOL!

ANSWERS

1. A)3 B)2 C)1 D)MINUS 3
2. A)1 B)1 C)1 D)3
3. A)0 B)2 C)0 D)0
4. A)1 B)1 C)1 D)3
5. A)1 B)0 C)2 D)1
6. A)1 B)0 C)1 D)0