

**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.)*

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