



JOKE OF THE DAY!  
FRI.....DAY!

Wake up "w" shake up!  
Parent and child answers!



eciuj	<b>JUICE</b>	ewloh	<b>WHOLE</b>
hakse	<b>SHAKE</b>	ismooth	<b>SMOOTHIE</b>
rided	<b>DRIED</b>	dalas	<b>SALAD</b>

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

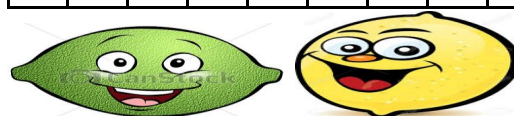
W	H	O	L	E	G	R	A	I	N	B	R	E	A	D
A													C	
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		Y	O	G	H	U	R	T	O			I	B	F
S			T							N		L	A	H
D			O		S	A				S			R	S
E		O			G	R				E			S	E
E	M				G					U				R
S	K	I	M	M	E	D	M	I	L	K				F

SCIENTISTS HAVE PROVEN A BALANCED BREAKFAST WILL GIVE YOU:  
 1) BETTER CONCENTRATION LEVELS  
 2) BETTER PROBLEM SOLVING SKILLS  
 3) BETTER EYE TO HAND COORDINATION  
 4) BETTER BEHAVIOURAL PATTERNS

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FILL IN THE MISSING WORDS;  
 A healthy balanced breakfast will only be achieved with **parent** and children having fun with food. Adopting a **planned** and organised approach to create **quick**, **easy**, tasty balanced **breakfasts**.

DO YOU KNOW YOUR MILK TOP COLOURS?  
 FULL FAT = **BLUE**  
 SEMI SKIMMED = **GREEN**  
 SKIMMED = **RED**  
 1% FAT = **ORANGE**



ANSWER TRUE / FALSE	TRUE	FALSE
It is best to organise breakfast the night before!	<b>TRUE</b>	
There are 5 basic steps to your organising for school !		<b>FALSE</b>
You are recommended to eat 3 eggs per week!	<b>TRUE</b>	
Frying is more healthy than boiling?		<b>FALSE</b>
We get the term breakfast from breaking the fast?	<b>TRUE</b>	