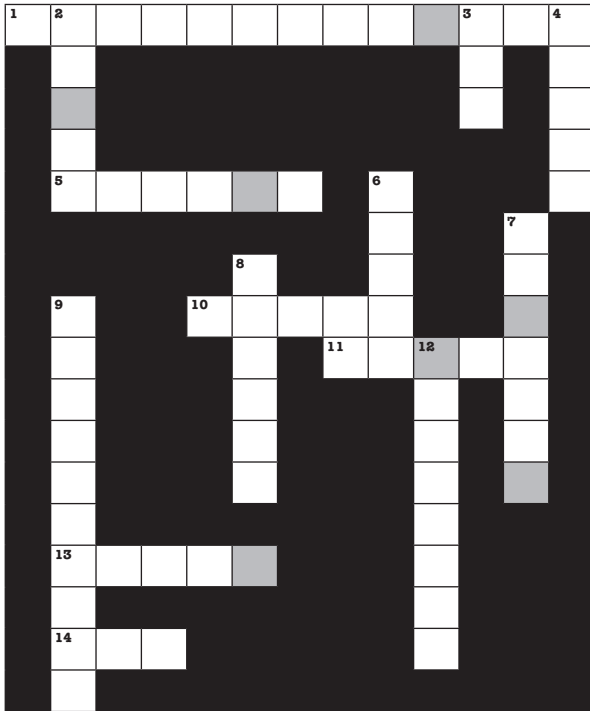
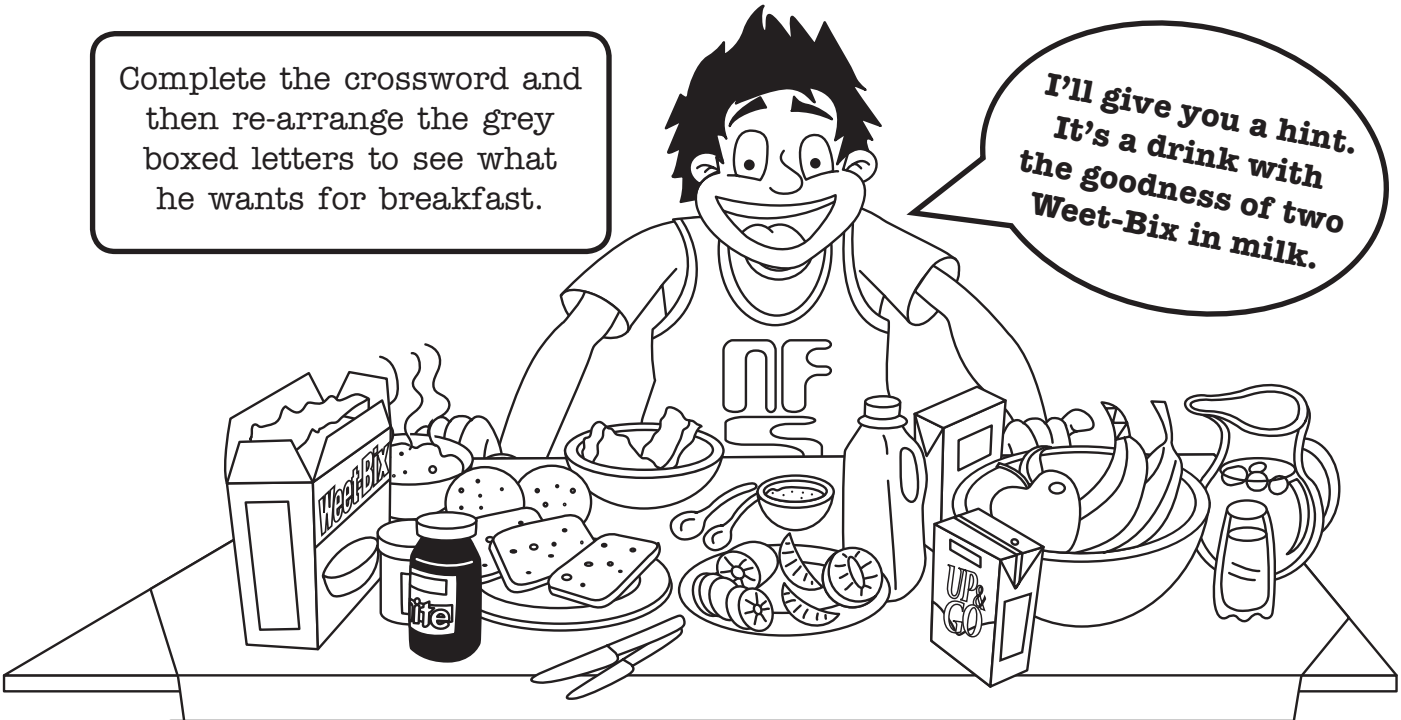


# FIND OUT WHAT'S ON THE TIP OF CARL'S TONGUE.

Complete the crossword and then re-arrange the grey boxed letters to see what he wants for breakfast.

I'll give you a hint.  
It's a drink with  
the goodness of two  
Weet-Bix in milk.



## ACROSS

1. Cereals, breads, fruit, vegetables and dairy foods contain \_\_\_\_\_ which give you energy.
5. You need this to play sport and carbohydrates are full of it.
10. Squeezed fruit; you should have this once a day.
11. Used to describe apples, oranges and bananas; these have a lot of vitamins
13. Comes in a loaf; gives you fibre to help you feel full; bakers make it.
14. What you do when you are hungry so that you can be stronger and smarter.

## DOWN

2. One a day helps keep the doctor away.
3. It's a letter, it's a drink and it's a meal.
4. The taste of treat foods that are high in sugar.
6. You need 6 - 8 glasses of this a day.
7. Fish, eggs, beans, chicken and meat are a good source of it.
8. The desire to eat; causes your tummy to rumble
9. You use these in salad and stirfry.
12. What you call forks, knives and spoons.

Carl wants \_\_\_\_\_ for breakfast.