

Name: \_\_\_\_\_

# BETTER BREAKFAST MONTH!



Better Breakfast Month, celebrated in September, is a month dedicated to promoting the importance of a healthy and substantial breakfast, encouraging people to start their day with nutritious and balanced meals for better overall health and energy.

**Directions:** Use your math skills to find the value of each icon and the '?' in the puzzle below.

$$\text{Egg and Bacon} + \text{Avocado} + \text{Avocado} = \text{Smoothie Cup}$$

$$11 - \text{Smoothie Cup} = \text{Avocado}$$

$$\text{Avocado} \times 7 = 7$$

$$\text{Blueberries} + \text{Blueberries} = \text{Egg and Bacon}$$

$$\text{Egg and Bacon} + \text{Avocado} + \text{Blueberries} = ?$$

My Answer: ? = \_\_\_\_\_

Answer Key:

Egg=8

Yogurt=10

Avocado=1

Blueberries=4

**?=13**

**Fun Fact:** The concept of breakfast being the most important meal of the day originated from a marketing campaign in the 19th century. Dr. John Harvey Kellogg, a health reformer and the inventor of Kellogg's cereal, heavily promoted the idea of eating a wholesome breakfast. This idea, initially part of a health movement, was adopted by food companies and helped shape the way modern society views breakfast.