

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.

$$\text{Egg with Bacon} + \text{Egg with Bacon} = 2$$

$$\text{Egg with Bacon} + \text{Smoothie} = 6$$

$$\text{Smoothie} + \text{Avocado} = 8$$

$$\text{Egg with Bacon} + \text{Smoothie} + \text{Avocado} = ?$$

My Answer: ? = _____

Answer Key:

Egg=1

Yogurt=5

Avocado=3

?=9

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.