MILK
MEANS MORE

Breakfast Cootie Catcher

How to make your Breakfast Cootie Catcher:

1. Cut across the solid black line.

2. Put the game colorful-side down. You should see logos and dotted lines that will help guide you.

3. Fold one corner to the opposite corner, then repeat, so your folds make a large "X" along the dotted lines.

4. Open the paper fully so the logos and dotted lines are face up, then fold each corner in to the middle. You'll see red, green, yellow and blue squares in the center.

5. Turn it over–you'll see questions and food pictures–and fold each corner in to the middle again. You'll now see numbers 1-8.

6. Turn it over so the four colors are face up, then fold the square in half. Two colors should show on one side and two colors should show on the other.

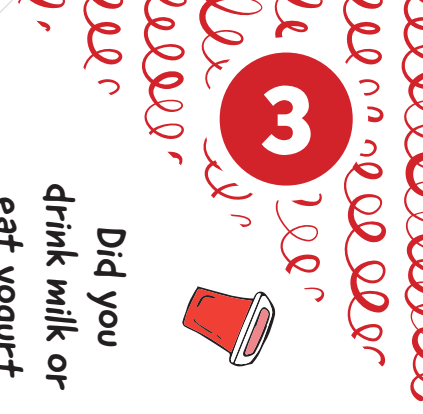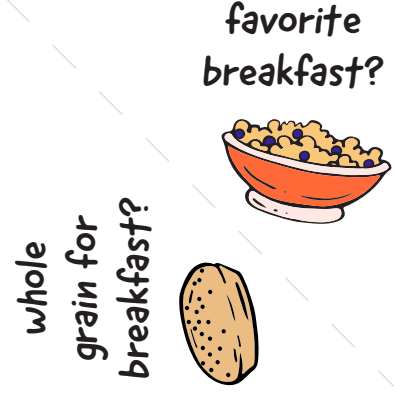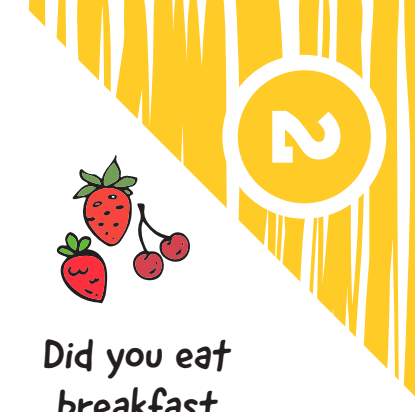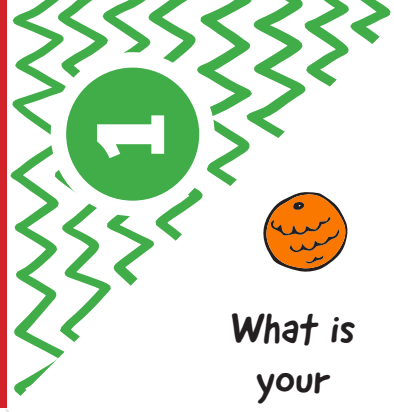7. Put each thumb under a color square on the same side of the catcher. Repeat with your index fingers. Then press each thumb against each index finger and push up. Four colors should be showing at the top with the centers touching. You're now ready to play!

How to play:

1. Pick one of the top four squares.

2. Spell out the object pictured as you move the colors back and forth (for example, COW: three letters, C-O-W, move three times) to open and close the game.

3. Pick a number from the inside.

4. Move the colors that many times.

5. Pick a new number, open the flap, and answer the question.

COW

1

2

CHEESE

8

3

What is your favorite breakfast?

Did you eat breakfast today?

What is your favorite whole grain for breakfast?

Did you drink milk or eat yogurt at breakfast today?

Who do you eat breakfast with?

Where do you eat breakfast?

7

4

Do you have more energy when you eat breakfast?

What is your favorite fruit with breakfast?

MILK

6

5
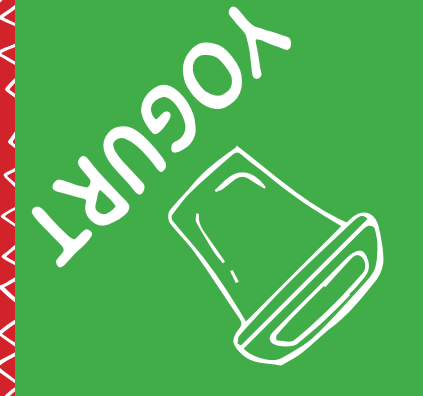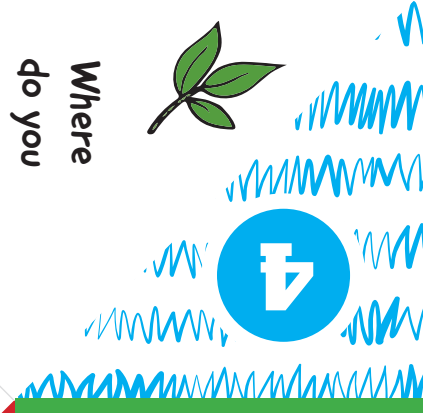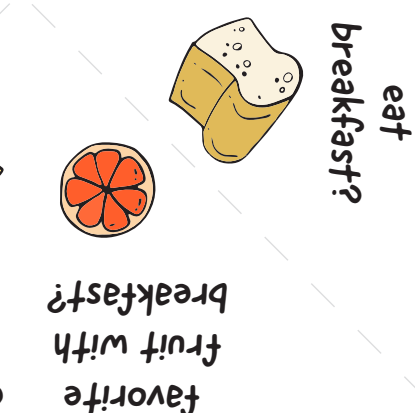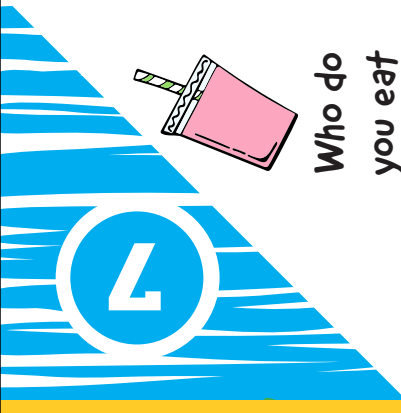
YOGURT

Eat 1 of your
3 daily dairy
servings
at breakfast.

Healthy
breakfast idea:
yogurt parfait
made with fruit
and whole-grain
granola.

MILK
MEANS MORE

www.MilkMeansMore.org

Eating
breakfast
helps you
maintain a
healthy weight.

Breakfast
fuels your
brain so that
you are ready
to learn.