



# BAG A BREAKFAST!

## Activity Booklet



Name:

# The Importance Of Breakfast

Eating breakfast is very important. Did you have breakfast this morning?

Do you know the meaning of the word **breakfast**? It means breaking the fast. A fast is a period of time when we haven't eaten anything.

When you wake up you need to re-fuel with food and drink so you have enough energy until lunchtime. It's like a car needing petrol for a journey.

**If the petrol tank is empty then the car cannot start!**



## Breakfast Buddies

Complete the bubbles to give good answers to the problems.

Think about preparing breakfast the night before, how you might feel mid-morning if you don't have breakfast and think about a selection of foods to choose from.

### Reasons to eat breakfast:

- Have more energy to do the things we love
- Won't be as tired or grumpy!
- Will keep us going until lunchtime
- Able to concentrate better at school and home

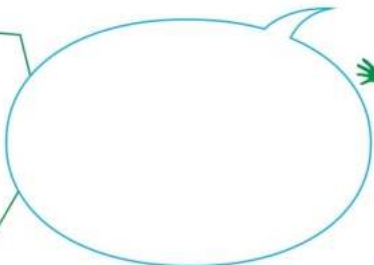
### Role Play:

Try to act out scenes showing the problems. For example, you have overslept and are rushing around the house getting ready for school. If you feel confident, show your role play to others!

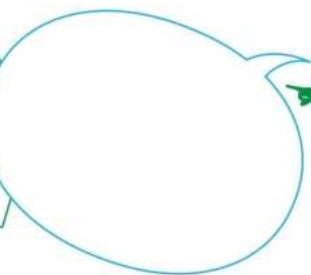
**Breakfast Buddies -**  
help find answers to breakfast problems!



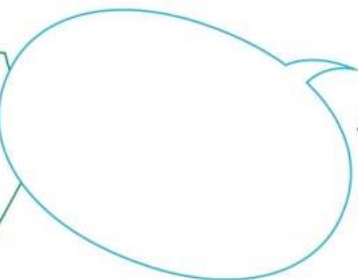
I'm too busy  
in the morning  
to make  
breakfast!



I'm never  
hungry when I  
wake up!



There was  
nothing that I  
liked!



## Boris The Belly Beast

We all have a belly beast that lives in our tummies, we must feed them first thing in the morning with a nice healthy breakfast to keep them quiet until lunch time. If not, you may feel a rumble in your belly followed by a growling noise!

The belly beast may look like this!



Can you draw your own belly beast on the page opposite? You can add a picture of what you would feed him and give him to drink.

## My Belly Beast - Keep Him Happy!



What Could He Eat?

What Could He Drink?

# Eatwell Guide

Look at the coloured sections of the Eatwell Guide and think about if you eat the different types of food or have tried them.

Think about breakfasts that contain the different groups and consider combinations such as cereal with milk.

**A well-balanced breakfast will have food from:**

- **Yellow section** - these are super-energy carbohydrates that give us energy right up until lunch. We should try and eat wholegrain or wholemeal options where possible because these contain fibre which is good for us.
- **Green section** - try and have some fruit or even vegetables at breakfast. How could we do that?
- **Blue section** - it is also important to have some dairy to help build strong bones and teeth.
- **Drink is important too** - it could be a glass of milk or orange juice.



Look at the pictures of different breakfasts.  
 Can you identify which sections of the Eatwell Guide the different foods belong to? The first one is done for you...



**GRANOLA WITH  
 YOGHURT AND  
 FRUIT**



**WHOLEGRAIN  
 CEREAL WITH MILK  
 AND BANANA**



Look at the pictures of different breakfasts.  
Can you identify which sections of the Eatwell Guide the different foods belong to?



PORRIDGE WITH MILK AND FRUIT



EGG AND TOMATOES ON WHOLEMEAL TOAST





## Making Healthy Choices

There are lots of choices for breakfast and it's important to try and make healthy ones so we start the day in the best possible way!

Look at the breakfast picture on the next page

- Chocolate cereal and whole milk, chocolate spread on white toast, chocolate milk

Think about what a healthier option might look like and explain why.

You need to think about:

- The high sugar content of the chocolate products. It can cause a mid-morning slump and is bad for our teeth.
- Semi skimmed milk has less fat than whole milk.
- Choosing wholegrain or wholewheat cereals which contain fibre and are great for our insides.
- Orange juice for Vitamin C.

You can still have chocolate spread but try to look for one with less sugar and spread it thinly.

Can you draw and label your healthier breakfast? Remember, there are no right or wrong answers!



## Breakfast



Draw a healthier version



# Wholegrain Detectives

Look at the pictures of the wholegrain cereals and wholemeal bread, spot and circle the word 'whole' on the breakfast products they have.

Wholegrain foods release energy slowly so make us feel fuller for longer.



## Consolidate And Make



### FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:  
[www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Cook A Long videos to accompany these recipes are also available at: [www.phunkyfoods.co.uk/parents/cooktogether/](http://www.phunkyfoods.co.uk/parents/cooktogether/)

## SUPERCRUNCH PUDDING



Supercrunch is a cold pudding which can be put together in minutes! There are endless variations to this recipe ... use any fresh or stewed fruit of your choice (ideally use in-season fruit, it will usually be cheaper), try different yoghurts, swap the yoghurt for custard, sprinkle on cinnamon, add seeds or chopped nuts ... just have super-crunchy fun!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use measuring spoons and cups; garnish & decorate; tidy away.

**Equipment:** Knife, chopping board, spoons, serving glasses or bowls (or plastic cups)

### Ingredients (serves 2):

- 160g fresh fruit, cut into small pieces (e.g. grapes, kiwi, strawberries)
- 150g pot plain low-fat yoghurt
- 1 tsp runny honey
- 50g crunchy oat cereal / granola

### Method

1. Divide the prepared fruit between the glasses or bowls.
2. Stir the honey into the yoghurt, then divide the yoghurt between the glasses or bowls.
3. Sprinkle the oat cereal on top.

# SUPERCRUNCH PUDDING

## Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 184g serving

**ENERGY**  
912KJ / 216kcal **11%**

**LOW** **FAT**  
5.1g **7%**

**LOW** **SATURATES**  
2.1g **11%**

**MED** **SUGARS**  
24.3g **27%**

**LOW** **SALT**  
0.2g **4%**

% of an adult's reference intake  
Typical values per 100g : Energy 202kJ / 48kcal

### Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

### So, thinking about Supercrunch ...

Fruit is generally low in fat and calories and high in fibre.

Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.



Yoghurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.



Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

# Answers



Healthier Breakfast - Wheat biscuits and semi-skimmed milk, wholemeal toast with chocolate nut spread, orange juice

