Breakfast

Name:

What did you eat for breakfast last week? Sketch out your breakfasts in the space below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

A healthy breakfast should include

- Starchy carbohydrates (The body's main source of energy)
- At least one portion of fruit (great source of nutrients and vitamins)
- Dairy (essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D and B12)

Are you eating a healthy breakfast? How could you adapt your diet to make your breakfast more healthy?

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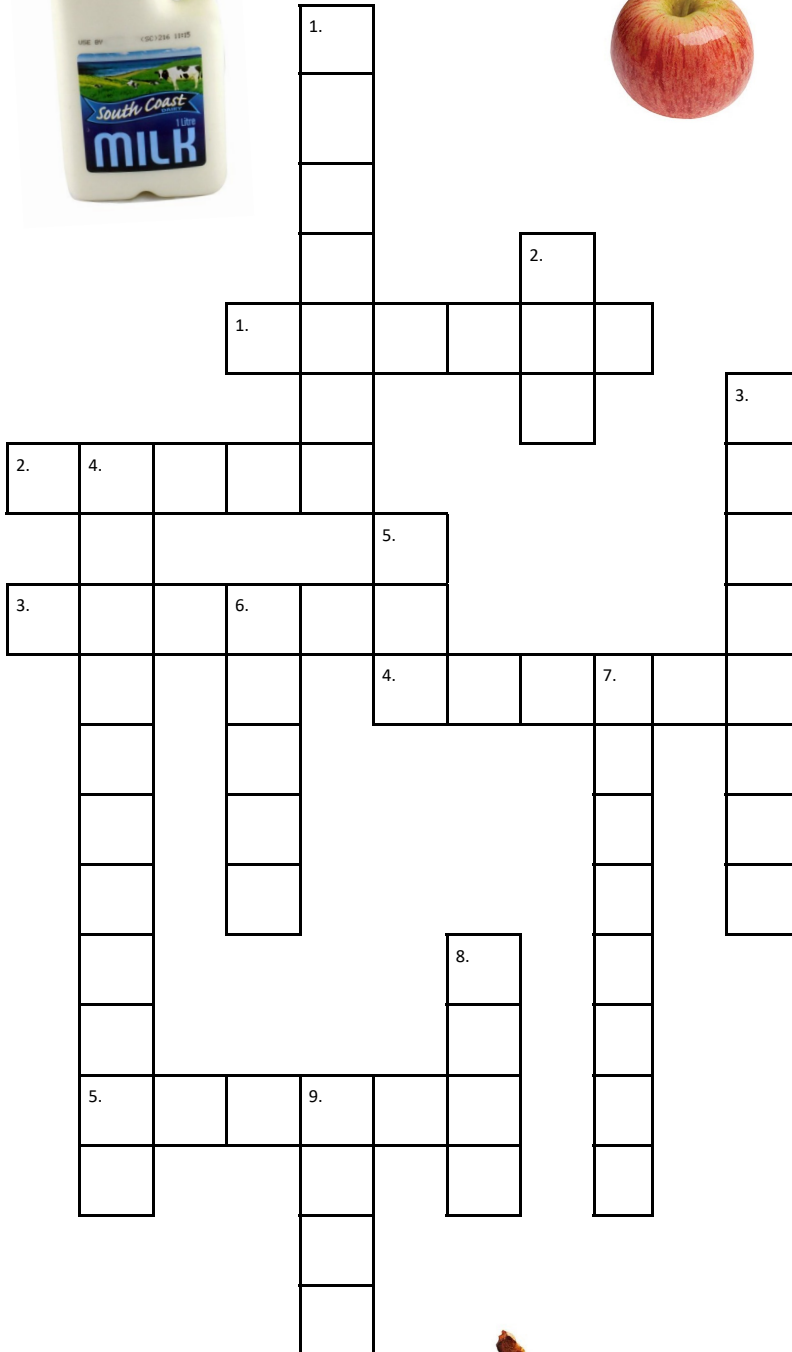
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True or false?

Breakfast can help give us energy?	Breakfast provides us with some of the vitamins and minerals we need for good health?	Some people skip breakfast because they think it will help them lose weight?	Eating breakfast means you are less likely to need a mid-morning snack?

Healthy breakfast crossword

Down

1. A popular dairy product that's made by the bacterial fermentation of milk.

2. A hot drink made by infusing the dried crushed leaves in boiling water.

3. A hot breakfast dish consisting of oats boiled in water or milk.

4. The most popular fruit juice worldwide.

5. A condiment usually made from pressed fruit and sugar.

6. A sweet, edible fruit produced by a tree.

7. A thick and creamy beverage made from fruit and dairy products.

8. A nutrient-rich, white liquid food produced by mammals.

9. One of the healthiest and most nutritious foods on the planet. Chickens can lay one every 24 hours.

Across

1. A popular dairy product normally made from cow's milk. It has a solid texture and is yellow in colour.

2. Sliced bread browned on both sides by exposure to heat.

3. *O*ne of the most widely consumed fruits in the world. Curved in shape with a thick skin and soft sweet flesh.

4. A mixture of oats and other cereals, dried fruit and nuts, eaten with milk at breakfast.

5. A traditional breakfast food made from processed cereal grains,

A new breakfast cereal

Using box template below, design a new healthy breakfast cereal for children aged 7-13. Start by inventing a name for your cereal and then design a character to decorate the front panel.

Use colour and bold lettering to make the design stand out. Use the example Trix and Lucky Charms packaging as inspiration. You can use the side panel of the template to display healthy features of your cereal.