

DESIGN A BETTER BREAKFAST

Breakfast is one of the most important meals of the day. The word breakfast comes from 'breaking the fast' – because it's the first meal you have after fasting (not eating) overnight.

In this activity, you'll be designing a healthy breakfast to give you a good energy boost at the start of the day. Grain-based foods like bread and cereals are great for breakfast because they fill you up and release energy slowly throughout the morning.

Research

Before you start, go to the *Design a better breakfast* page and click on the videos. Watch the *My best breakfast* video to see what people like to eat for breakfast. Then get your imagination going by watching the *Tasty toppings* video and the *Super cereals* video.

Your brief

Your brief is to plan, make and evaluate a healthy breakfast. It should include some new toast toppings and some new cereal toppings. It should be a balanced breakfast that uses foods from different food groups. (See the *Healthy eating, healthy living* topic for more information.) You must use bread and/or a cereal, plus at least one portion of fruit and/or vegetables. You should also include a drink.

1. Research survey

First interview three friends about their breakfast habits. e.g. What do they eat for breakfast, what sorts of food do they enjoy, what sorts of food don't they like?

2. Your own ideas

Here are the breads and toppings shown in the *Tasty toppings* video:

- seeded bagel
- baguette
- pitta – wholemeal and white
- sliced wholemeal bread
- low fat cheese spread
- fresh chives
- reduced sugar jam
- low fat houmus
- tomatoes
- black pepper
- fresh basil

You might like to use some of these, or come up with your own ideas.

When you are choosing a new toast topping, think about its texture as well as its taste. Do you want it to feel wet or dry, crunchy or soft, sweet or savoury, tangy, or a combination of these?

Here are the cereals and toppings shown in the *Super cereals* video:

- muesli
- bran flakes
- chopped bananas
- dried fruit
- mixed nuts
- seeds
- honey
- semi-skimmed milk
- soya-based milk
- 100% orange juice (for muesli)

But how about using some other cereals or toppings?

Now write down your suggestions for your healthy breakfast, including your new toast toppings and cereal toppings.

3. Nutritional benefits

Explain how the foods in your breakfast contribute to a healthy diet. What nutrients do they contain?

4. Test your recipe

Write down the ingredients and equipment you'll need to test your recipe, and your production method. Then carry out your test recipe.

5. Evaluation

Test your new breakfast with three friends or family members – ask them to try making it at home or school. How would you change your breakfast in the light of their feedback?