

DESIGN A BETTER BREAKFAST

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

In this activity, you'll be designing a healthy breakfast that will keep you going until lunchtime. Grain-based foods like bread and cereals are great for breakfast because they fill you up and release energy slowly throughout the morning. That's good news if you don't want to be falling asleep at your desk!

Breakfast 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 better breakfast

1. Using the table, write down the different items in your better breakfast as a menu. Try and make it delicious, healthy and fun to eat. You could include some fruit to help reach the '5 a day' fruit and vegetable target. Don't forget to include a drink.
2. Break down your better breakfast into a list of ingredients. This will help you to understand all the different foods that will go into it.
3. Look at the Balance of Good Health plate on the *Eating for health* information page in the *Food for life* topic. Does your breakfast offer a good mix of the different food groups in the right proportions? If not, which foods could you add or remove so that it offers a good balance?

Breakfast item	Ingredients	Food group

4. Now design a label for your better breakfast. What would you call it, and how would you describe what's in it? Read the *It's on the label* information page (in the *Food for life* topic) for more ideas of what information to put on your label.