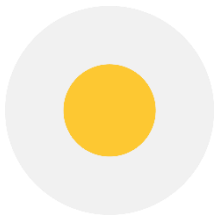
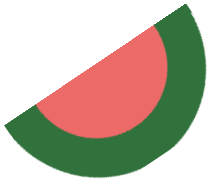
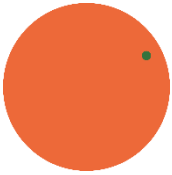


Breakfast cards

Ideas and activities



- Display the **Breakfast cards** in a classroom, entrance hall or dining area for discussion during National Schools Breakfast Week.
- Separate the food images from their labels, shuffle them and task pupils to re-match the images and labels.
- Hand out the **Breakfast cards**. Challenge the pupils to look at the breakfast checklist on the **National Schools Breakfast Week poster** and say what other items would be needed to make this a healthier breakfast.
- Challenge the pupils to sort the cards in different ways. For example, those that do and do not include:
 - fruit or vegetables
 - starchy wholegrain food
 - a protein food
 - a dairy food
- Make some of the breakfast items with the pupils. For example, pupils could create their own muesli using porridge oats and dried, canned or fresh fruit.
- Using the **Breakfast cards** for inspiration, task the pupils to devise a menu of breakfast 'meal deals' for a café or shop. Each meal deal should include items from the checklist on the **National Schools Breakfast Week poster**.
- Pupils could research what is traditionally eaten for breakfast in different countries around the world. Their findings could be used to create a 'World breakfast' display.
- Ask pupils to suggest how some of the breakfast items could be adapted to be suitable for different dietary requirements, e.g. vegan, gluten free.
- Run a breakfast competition. Challenge pupils to design a delicious healthy breakfast or ask them to adapt a breakfast recipe (e.g. baked oats) to give it a new twist!
- Challenge pupils to devise their own activity or game using the **Breakfast cards**. We would love to hear their ideas! Share them with us @NutritionOrgUK or email education@nutrition.org.uk



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Natural yogurt and blueberries



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Baked beans on wholemeal toast



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Bran flakes and sultanas



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Soft cheese on a seeded bagel



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Cheese and tomato sandwich on wholemeal bread



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Boiled egg and wholemeal toast



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Sliced bananas on wholemeal toast



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Omelette



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Fruit salad



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Baked beans



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Soft cheese and tomatoes on wholemeal toast



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Baked oats and dried fruit



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Natural yogurt, fruit and oats



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Bran flake pancakes with yogurt and strawberries



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Soft cheese, tomatoes and cucumber on a bagel



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Muesli



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Porridge with sliced bananas



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Shakshuka