



# How healthy is your breakfast?

- This task is to create a breakfast for yourself using foods that people would eat for the first meal of the day.
- Some people might eat a bag of crisps and a can of coke, but for this task think of the usual breakfast foods! A breakfast can provide up to 30% of daily needs.
- Some people even have deskfast – the foods they eat at their desk in the morning.

## Tasks - use My Meals for these Tasks

Enter the breakfasts into My Meals on the Nutrition Program.

When you start choose My Meals, Create new meal,

Give it a name – such as Sausage breakfast.

Select the age – could be 11-14 years, Sex male or female and choose the Meal type Breakfast.

Task 1 Create your own breakfast and list the calorie, fat and salt content in one portion.

Task 2 Design a breakfast choosing breakfast foods with the highest number of calories. How healthy is this breakfast?

Task 3 Which of the breakfasts listed on the chart do you think is the healthiest? Give reasons.

Breakfast choice	Is it healthy? Give a reason for your answer.
Sausage, scrambled egg, bacon, beans, glass of orange juice	
Toast and peanut butter, tea with milk and 2 teaspoons of sugar	
Toasted sandwich with cheese and tomato, and a glass of milk	
A bowl of breakfast cereal with milk and sugar. Glass of orange juice	
A bowl of porridge with milk and sugar, and a cup of tea with no sugar	