

Try to answer all the questions using full sentences.

Task 1: Why is breakfast important?

Re write this paragraph filling in the correct words from the box below. Use a different colour to highlight the words you have put into the gaps.

Eating breakfast is important because _____ your body's _____.
_____ while you are sleeping, your metabolism _____ down. It
can provide your body with _____ nutrients and boost your
metabolism so you can have a great start to the day.

Eating breakfast will help you _____ until break time so that you do not
need to buy _____ on the way to school.

Overnight, slows, it kick-starts, essential, snacks, Metabolism, feel full
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Task 2: Nutrients Breakfast provides essential nutrients for the body.

Answer the following question for each different Nutrient;

What does each of these nutrients do for our bodies? How do these nutrients help us grow and be active?

- Protein
- Carbohydrate
- B vitamins
- Iron
- Calcium
- Vitamin C

Task 3: Healthy Breakfast Foods

Answer the following questions in full sentences.

- Why are cereals a good breakfast food?
- What is the main nutrient they contain?
- If you have cereal with semi-skimmed milk, which other nutrients does this add to your body?
- If you have eggs for breakfast, which nutrients will they give you?
- To add starchy carbohydrate for energy to your breakfast, what could you have with your eggs?
- Name three healthy drinks you could have for breakfast.
- Which meat is a quick, good source of protein in the morning?
- Tomato and kiwi are good sources of which vitamin?
- Add honey to cereal or cooked oats to provide extra energy, why is honey better for you than white sugar?

Task 4: Top Tips for Breakfast

Write up five top tips for why it is good to have a breakfast.

Remember a drink!

Remember to add why it is good to have breakfast!

Present it like a poster.

Add a catch phrase or a slogan to remind people why these are good for us!

Make it colourful and eye-catching.

You could even make up little characters to help!

Task 5:

Re draw these picture below, draw an arrow from each food or drink; write around the pictures what the name of the food is.
Next the food name, write which of the nutrients it contains.
Look at the whole picture and all the nutrients you have found in it, write why is each picture shows a balanced selection of food.

Extension: There are things that can be changed to make these breakfasts even better for us. Write the changes you would make to give an even healthier breakfast and give a reason why.

