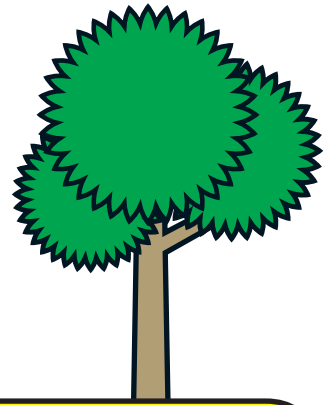


bush tucker breakfast trial information sheet



Get the kids trying new tucker!

What is this activity?

The Bush Tucker Breakfast Trial gets kids trying new, healthy foods that they will be unfamiliar with and have probably never eaten for breakfast.

Don't worry – they're not going to be eating worms or grubs, just tasty, but unfamiliar food and drink that can make breakfast more fun and give them a really great start to the day. The activity will also increase their knowledge of good breakfast ingredients, helping them become more interested in what they eat.

How to play

This activity is most suitable for kids aged 5-11, and would ideally be played in the morning. Introduce the kids to your selection of unfamiliar food and drink. Each child has a sample of each item, and the challenge is whether they are brave enough to try it.

For those kids who do try the food, record whether they like it or not. You can also build up a food league table to show their favourites as a group.

For the really brave you could blindfold them so they do a blind taste test!

Scoring system:

1 point – tries the food or drink but doesn't eat it

2 points – tries it and eats it

3 points – eats it and guesses what it is

The child with the most points wins, and the bravest one (the child who really makes an effort to eat as many as possible) could also get a special mention.

What you'll need

- Some interesting and unusual food (to the children anyway) that can be eaten for breakfast – food and drink with different colours, textures, consistencies and smells (see the Good Breakfast Guide)
- **Not** spiders, grubs or anything remotely creepy, crawly or insect-like!
- Blindfold (for the really brave)
- Bush Tucker Breakfast Trial Activity Sheet. If you need extra Activity Sheets, please download them from the Change4Life website www.nhs.uk/change4life

Hints

- You could ask younger kids: "Are you brave enough to do the Bush Tucker Breakfast Trial?" as they will see this as a challenge they would love to beat. Of course, if they see friends taking part as well, they are more likely to get involved.
- Ask the kids to suggest foods that they eat, but which the others may not have tried. These could be introduced in your next Bush Tucker Breakfast Trial.
- Children could try the exercise at home, perhaps at the weekend or during holidays, with their parents, carers, brothers, sisters and friends. Alternatively, they could try a new food every day and build up a table of all the new things they've eaten.



IMPORTANT – for an activity like this, please make sure you get parental approval as it is crucial that you find out if the kids have any known food allergies, especially if they are doing it blindfolded. For more information on food intolerances, please visit www.eatwell.gov.uk/allergy

Developed in partnership with
continyou
Changing lives through learning

change
4 life
Eat well Move more Live longer