

# make a healthy breakfast information sheet

Get the kids to think about what they're munching on!



## What is this activity?

Make a Healthy Breakfast helps kids think about what makes up a good breakfast by asking them to fill in a sheet with different food and drink.

The idea is that at the end of the activity they have something to take home as a reminder of how they can get the best start to the day. Also, by thinking through how to make up a good breakfast, they will hopefully be more conscious of their food choices in the future.

## How to play

This activity is most suitable for kids aged 5-11. Start the activity by handing out 1 Activity Sheet to each child, and the magazines, and tell them that they can cut or tear out pictures of food and drink they think would make up a good breakfast. As they're choosing their pictures, they can be sticking them onto their Make A Healthy Breakfast Activity Sheet.

When they each have at least a couple of cut-outs stuck onto their Activity Sheet, they can take turns to show and tell the rest of the group what they've chosen. You can make suggestions to help make their breakfast more healthy if you need to.

Once every child has had their turn, they can take a fresh Activity Sheet and draw in what their new, healthier breakfast looks like, based on the discussion. They can then take this home to show their parents or carers to help them plan breakfast.

## What you'll need

- The Make A Healthy Breakfast Activity Sheet – 2 print-outs for each child. You can download additional copies from the Change4Life website [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- A selection of magazines containing pictures of food and drink that can be eaten for breakfast
- Colouring pencils
- Scissors and glue sticks
- The Change4Life Good Breakfast Guide



## Hints

- If you'd like to speed up this exercise, you can cut the pictures out yourself beforehand and put them in a big pile for the children to sift through



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