

Session 1: Breakfast

We should eat breakfast everyday

Do you know why?

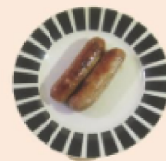
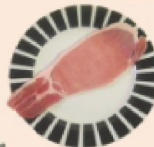


UNIVERSITY OF
BIRMINGHAM

WAVES

- 1) Concentration at school, 2) Good marks, 3) PE, and 4) Playing with classmates
- 2) You should eat breakfast everyday, otherwise you can't learn your lessons and you can't catch up with your friends in the playground and PE lessons.

What do you have for breakfast?



UNIVERSITY OF
BIRMINGHAM

WAVES

Cereals

Today, we are going to think about cereal:

– How many cereals can you name?



UNIVERSITY OF
BIRMINGHAM

WAVES

- 1) Cereals are healthy breakfast option, but children should learn what kind of cereals are more healthy. **High fibre** cereals are healthier because they help children to feel fuller for longer and blood sugar levels rise steadily.

What does a healthy cereal do?

- A healthy cereal is lower in sugar.
- It keeps us fuller for longer.
- It helps us to go to the toilet.



UNIVERSITY OF
BIRMINGHAM

WAVES

- 1) Healthy cereal helps kids not to get constipation.
- 2) You can explain that healthy cereal can prevent some diseases like heart disease and diabetes when they get older (If you think they can't understand, just tell them that it is good for their health and help to go to toilet easily).

Activity

- What is the name of the cereal?
- Which group does this cereal belong to?

EVERY DAY

OR

TREAT



UNIVERSITY OF
BIRMINGHAM

WAVES



UNIVERSITY OF
BIRMINGHAM

WAVES



UNIVERSITY OF
BIRMINGHAM

WAVES



UNIVERSITY OF
BIRMINGHAM

WAVES



UNIVERSITY OF
BIRMINGHAM

WAVES



UNIVERSITY OF
BIRMINGHAM

WAVES



Some images included in this appendix are from iStock.com:

Supermarket foods flat icons set/Macrovector

Two plastic yoghurt pots/Magone