

# Session 4: Drinks

Today, we are going to look at the drinks you could have with your breakfast.

- **How many of the class usually have a drink with breakfast?**



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.

# Drinks

What are the best drinks to have at breakfast time?

Semi-skimmed  
milk



Apple  
juice



Normal  
fizzy drink

Juice drink







Orange  
juice

UNIVERSITY OF  
BIRMINGHAM

WAVES

- 1) It is good for children to know that semi-skimmed milk is better for their health. But the main aim is to drink milk for breakfast everyday.
- 2) You can ask who prefers to have his/her milk cold/hot.
- 3) You can suggest to add honey to hot milk if some of children don't like to have plain milk.

## Why are some drinks not good for breakfast?

- Sugary drinks are bad for your teeth. 
- The best drinks to have are:
  - milk 
  - water 
  - or fruit juice. 

Remember, it is best to only have 1 glass of fruit juice each day.

UNIVERSITY OF  
BIRMINGHAM

WAVES

## ACTIVITY

**CIRCLE** the drinks that are best to have for breakfast.

**CROSS** the drinks that are not best to have for breakfast.

*Write* your favourite drink to have for breakfast.

UNIVERSITY OF  
BIRMINGHAM

WAVES

- 1) You can print the slide for each child or they can do the game as a group. They can take the paper to home as "take-home message".