

TODAY'S WORKSHOP

Why is breakfast important?

What is a healthy breakfast?



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1) The aim of children's lesson is the same as cooking workshop for children and parents, but lessons for children were simplified for kids. We convey the same message of increasing fruit and fibre and decreasing sugar and fat through drinks, cereals, toast and bread, and spreads and toppings lessons. Please make sure that parents are aware of the key messages.

What do you have for breakfast?

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1) It is an ice breaking question which helps parents and children to think about what they usually have for breakfast.

Why is it important to eat breakfast?

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1) You may ask participants to think why we need to have breakfast everyday.

This is Bert



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1) Bert was created to help kids follow the presentation and messages.




Bert has no breakfast in the morning...



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By break time, Bert...

- Can't do his lessons 
- Has no energy to play with his friends 
- Is VERY hungry!! 

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**Bert decides to
try a healthy
breakfast in the
morning...**



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**What does a
healthy
breakfast do?**

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1) You may reinforce the message that everybody should eat breakfast everyday and remind the importance of having healthy breakfast.

When Bert starts his healthy breakfast, he will...

- Have more energy to enjoy his day.



- Be able to do his lessons better.



- Be fuller for longer.



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1) If Bert can eat a variety of food from the four food groups, then he...

What Breakfast foods will keep Bert full?



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1) You may ask children if they remember the lesson on cereals and toast.

Bert should try to have



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What does this slide say:

To feel fuller for longer and to prevent later snacking, Bert should try some **starchy** foods like a high fibre cereal or wholemeal toast, and a portion of fruit with his breakfast.

Important note:

Please make sure they know eating whole fruit is much better for children's health and is highly recommended.

Fruit Juice contains less fibre and so children should try to eat whole fruits instead. Fruit juice should be limited to one glass per day. Fruit juice drinks, contain very little fruit and therefore not counted as fruit portion.

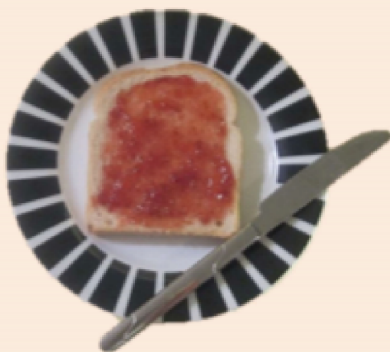
ACTIVITY 1:

**Which breakfast foods
would keep Bert
feeling full for longer?**



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**Which would keep Bert
full for longer?**



White bread
toast and jam

OR



Wholemeal bread
toast and baked
beans

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Whole wheat malted cereal squares



OR

Sugar frosted flakes of corn



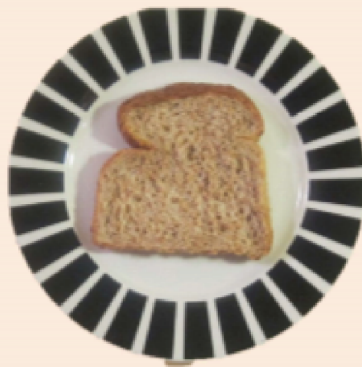
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White bread
toast

OR



Wholemeal
bread toast

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Remember!

EVERYDAY

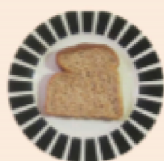
mixed whole grain
sweetened cereal
loops



whole wheat malted
grain squares



wholemeal bread



whole wheat
cereal biscuits



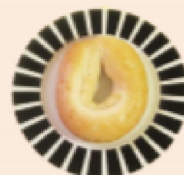
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TREAT

croissant



white bagel



sugar frosted
flakes of corn



chocolate flavour
coated rice



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What does this slide say:

Whole grain cereals are better for us because they are high in fibre. These are good for **EVERY DAY**.

Foods like white bread and sugary cereals won't keep us full for very long and so are better as a **TREAT**.

What is dietary fibre?

Dietary fibre refers to plant cell wall components that are not digestible by human digestive system. Fruits and dried fruits, vegetables and whole grain food such as brown breads and wholegrain cereals are good sources of fibre.

Sugar

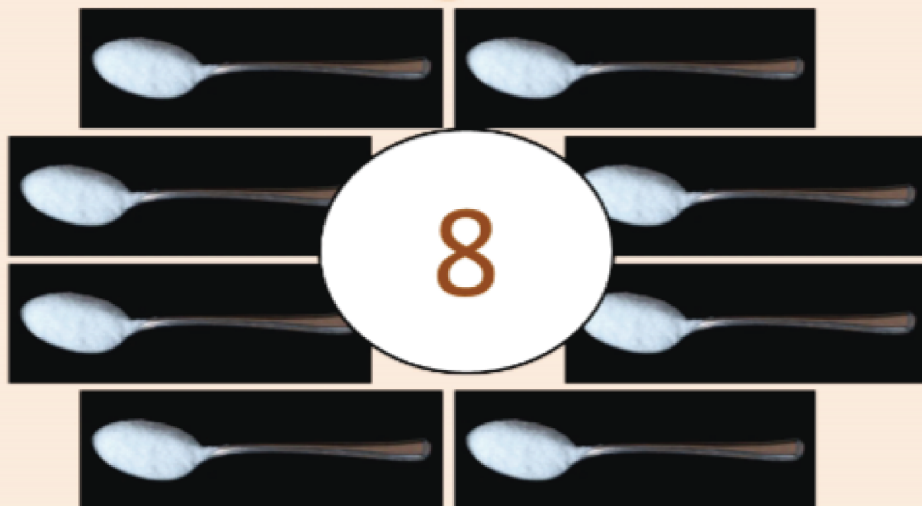
Can you think how many teaspoons of sugar you can have in a day?



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MAXIMUM amount of sugar



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1) Children can have up to 8 heaped teaspoon sugar everyday. But they should aim to have less than 8 heaped spoon of sugar per day. There is some information about sugar content of different drinks and snacks in parent's take-home information sheets.



**Bert needs
to know
how much
sugar is in
the food
and drinks
that he
has...**

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ACTIVITY 2:

**Can you match up
the number of
teaspoons to the
food or drink?**

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1) You may use small blocks to record sugar spoon.

FAT



- Bert should aim to:
 - Cut down on how much fat is in his breakfast
- He could do this by:
 - Boiling or poaching eggs rather than frying
 - Grilling rather than frying treat foods such as sausages
 - Cutting excess fat off meats

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ACTIVITY 3:

**Which breakfast foods
would be better for
Bert to have **EVERY
DAY** and which would
be better as a **TREAT**?**



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ACTIVITY 4:

**It's now your turn to
create and taste a
healthy breakfast.**

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