

# design-a-breakfast information sheet



Get the kids to create their own yummy brekkie!

## What is this activity?

Design-A-Breakfast lets kids choose their own breakfast from a large selection of healthy ingredients. Different fruit, oats, unsalted nuts and healthy cereals can be mixed by the child to create their preferred breakfast.

By choosing their own healthier breakfast, kids are more likely to eat it on an ongoing basis as it's food they like. It also helps them swap food and drink containing added sugar, for healthier options without added sugar – as well as helping them towards eating 3 meals a day.

## How to play

This activity is most suitable for kids aged 5-11. The various ingredients need to be laid out in bowls or in their own containers so the kids can easily get to them. They can then go along and select which things they would like in their 'good breakfast bowl' – a bit like a buffet.

Once they've all finished, each child can tell the group what they've chosen and why, and draw or write it on their Design-A-Breakfast Activity Sheet. They can then take the sheet home so they or a parent or carer can make it.

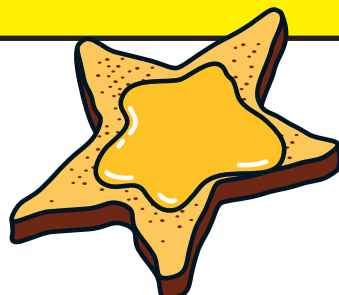
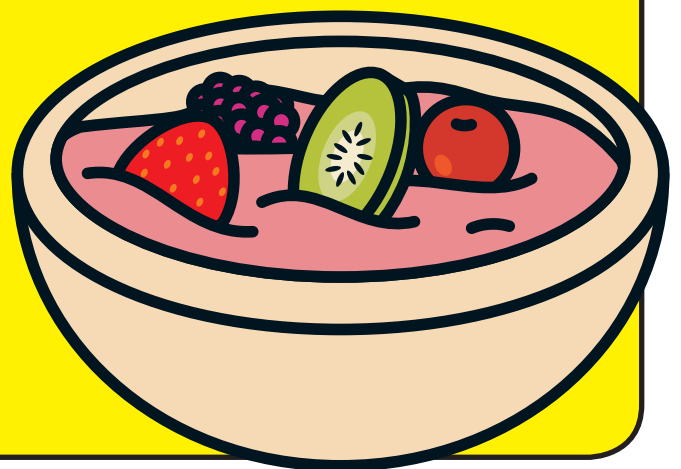
**IMPORTANT** – for an activity like this, it is crucial that you find out if the kids have any known food allergies. For more information on food intolerances, please visit [www.eatwell.gov.uk/allergy](http://www.eatwell.gov.uk/allergy)

## What you'll need

- A wide selection of breakfast options that can be mixed together (see the Good Breakfast Guide for suggestions)
- Bowls that the children can use to mix their breakfast
- A Design-A-Breakfast Activity Sheet for each child. You can download these from the Change4Life website [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

## Hints

- If the children start putting large amounts of only a few ingredients into their bowl, perhaps tell them that they need to use a minimum of 5 foods, and that if they keep choosing portions like that they could feed the whole class!



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