

DESIGN A BETTER BREAKFAST

Breakfast is one of the most important meals of the day. The word breakfast comes from 'breaking the fast' – because it's the first meal you have after fasting (not eating) overnight.

In this activity, you'll be designing a healthy breakfast to give you a good energy boost at the start of the day. Grain-based foods like bread and cereals are great for breakfast because they fill you up and release energy slowly throughout the morning.

Research

Before you start, go to the *Design a better breakfast* page and click on the videos. Watch the *My best breakfast* video to see what people like to eat for breakfast. Then get your imagination going by watching the *Tasty toppings* video and the *Super cereals* video.

Your brief

Your brief is to plan, make and evaluate a healthy breakfast. It should include some new toast toppings and some new cereal toppings. It should be a balanced breakfast that uses foods from different food groups. (See the *Healthy eating, healthy living* topic for more information.) You must use bread and/or a cereal, plus at least one portion of fruit and/or vegetables. You should also include a drink.

1. Research survey

First interview three friends about their breakfast habits. e.g. What do they eat for breakfast, what sorts of food do they enjoy, what sorts of food don't they like?