



Have breakfast ideas



Challenge pupils to make a healthy breakfast at school. Why not try some of the [Food- a fact of life](#) recipes, such as [Tasty toast](#), [Awesome overnight oats](#) or [Fabulous fruit salad](#)? Try to use wholegrain varieties of breakfast cereals and bread, and use lower fat milk.

Hold a special breakfast event at school. Invite parents and carers into school to have breakfast with their children.

Work with pupils to create an inspiring display of healthy breakfasts eaten around the world.

Ask pupils to have a different healthy breakfast every day during the Week. They could vary the breakfast cereal, type of bread, vegetables and fruit or drinks they have each day.



Provide pupils with a copy of the [My breakfast record](#) worksheet so they can track their breakfast consumption.

Pupils could research breakfast options in restaurants and cafés and use these to plan a breakfast menu for an imaginary restaurant.

Question the class about their breakfast habits:

- What do you usually have for breakfast?
- Do you have a different breakfast at the weekend or on special occasions?
- What is your favourite breakfast?

