



# BAG A BREAKFAST! Delivery Booklet



## **A QUICK HELLO.**

This nutrition education material has been compiled from a variety of elements of the PhunkyFoods Programme, specifically to be delivered as part of the Department for Education Holiday Activities and Food (HAF) Programme.

This material contains a range of fun, but educational, activities for delivery via out-of-school settings. It contains positive healthy lifestyle messaging which should be delivered in an encouraging and upbeat manner.

Each week you should choose a different theme or topic to focus on - available themes include Eatwell!, Strive for 5!, Drain your Drinks, Bag A Breakfast, Snack Attack and A Healthy Lunch.

Activity ideas for each theme might include creative literacy activities, arts and crafts activities, physically active activities, scientific investigative activities, as well as hands-on food preparation activities. These ideas are simply outlines, designed to inspire you to provide a range of different fun activities around nutrition, food and health education. They could for example be delivered as carousel activities over a one-week period culminating at the end of the week in the designated food preparation activity for that particular topic.

For each theme we have three sessions of varied, age differentiated activity ideas - these are activities you could deliver across three days for example. The fourth session for each theme is a Food Preparation Session which will allow the children to get hands on with food and create their own dish using the knowledge they have gained during the activities throughout the week. Children will learn new food preparation skills, they will gain new insights in how to eat a healthy, balanced diet and they may even try new foods that they've never tried before.

In this way we hope children will enjoy learning about food; they will learn why it is important to try new foods and to include a wide variety of different foods in a healthy, balanced diet. But most of all we want children to simply enjoy learning about food and their health, and to have a bit of fun getting hands-on and making some food for themselves.

We hope you enjoy using these materials, and we hope the children enjoy receiving them.

Wishing you all the very best for your HAF Programme,

**The PhunkyFoods Team.**

## Session 1 - Bag A Breakfast

### The Importance of Breakfast

Eating breakfast is very important. Ask the children if they had breakfast this morning (sensitivity may be needed with individual circumstances).

Then ask if anyone knows the meaning of the word '**break-fast**'. It means breaking the fast - a fast is a period of time when we haven't eaten anything. When you wake up you need to re-fuel with food and drink so you have enough energy until lunchtime - it's a like a car needing petrol for a journey.

**If the petrol tank is empty then the car cannot start!**



**Show the children the Breakfast Buddies speech bubbles sheet on page 6.**

Ask children to discuss how they could complete the bubbles to give good answers to the problems. They could think about preparing breakfast the night before, understanding that they will end up feeling really hungry mid-morning and trying to have a selection of foods to choose from. Share their thoughts and fill in the bubbles.

### Reasons to eat breakfast

- Have more energy to do the things we love
- Won't be as tired or grumpy!
- Will keep us going until lunchtime
- Able to concentrate better at school and home

## Session 1 - Activities

### KS1 Activity - The Belly Beast

Ask the children to imagine they haven't eaten any breakfast today. At about 10 o'clock they may feel a rumble in their belly followed by a growling noise. It might be the Belly Beast if he hasn't been fed to keep him quiet.

He may look like this!



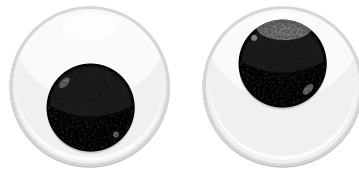
Children can draw their own belly beast (page 5) with a picture of what they would feed him and give him to drink.

### KS2 Activity- Breakfast Buddies Role Play

Using the speech bubble thoughts and ideas, children can do some drama role play where they act out scenes showing the issues faced e.g. a child oversleeping and rushing around the house getting ready for school. They could share with the rest of the group.

If they are not comfortable with role play, they could complete their own speech bubbles sheet.

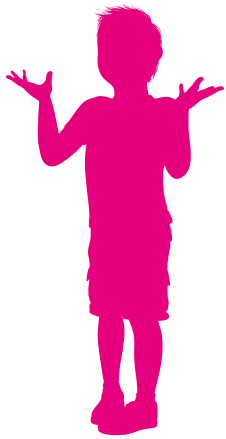
# My Belly Beast - Keep Him Happy!



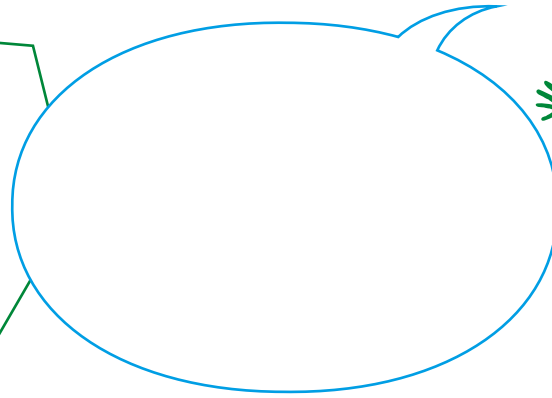
What Could He Eat?

What Could He Drink?

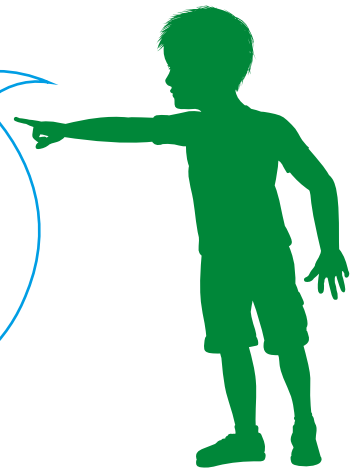
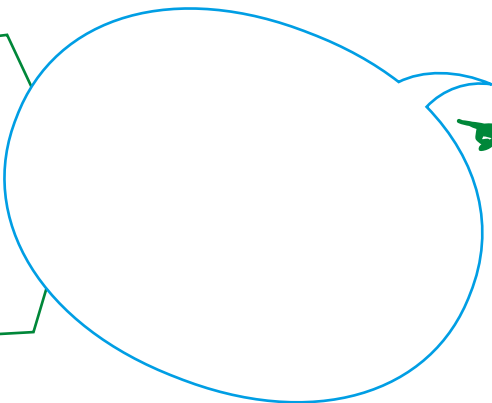
# Breakfast Buddies - help find answers to breakfast problems!



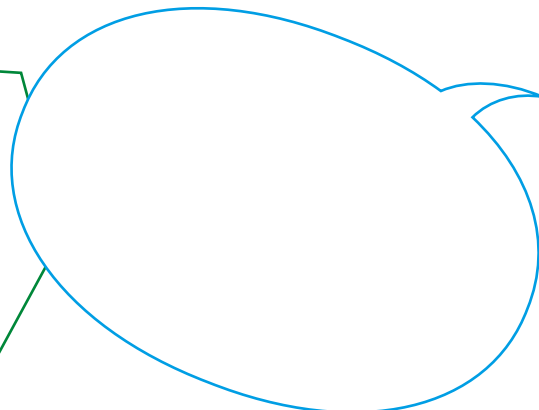
I'm too busy  
in the morning  
to make  
breakfast!



I'm never  
hungry when I  
wake up!



There was  
nothing that I  
liked!



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

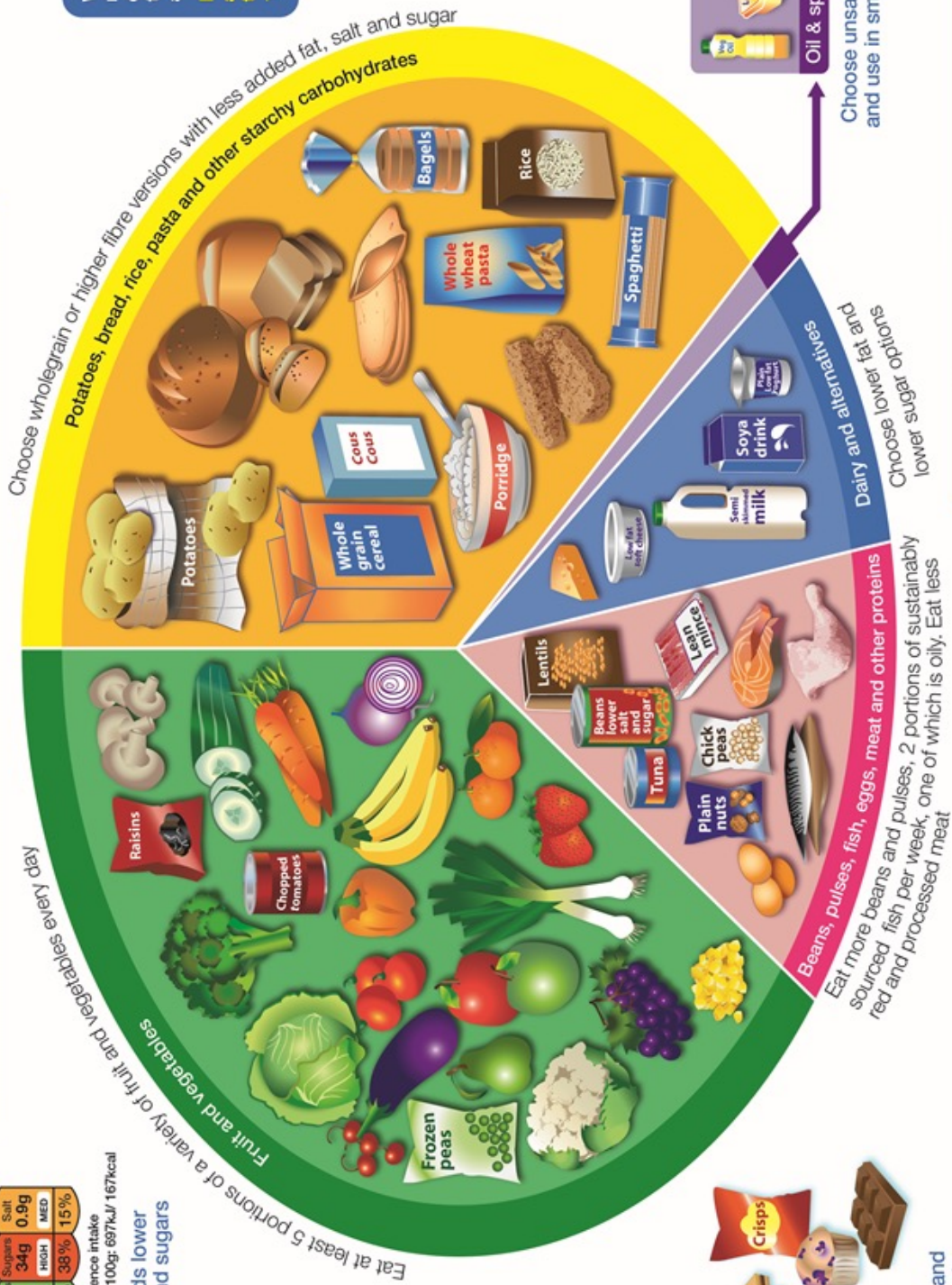
Check the label on packaged foods

Each serving contains

Energy	1046kJ	250kcal	42.5%
Fat	5g	LOW	7%
Saturated	1.3g	LOW	6.5%
Sugars	34g	HIGH	38%
Salt	0.9g	MED	15%

Typical values (as sold) per 100g; 697kJ/ 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Session 2 - Bag A Breakfast

**Have the Eatwell Guide on display (page 7).**

Go through the coloured sections and ask children to identify the pictures and talk about if they eat the different foods or have tried them. Get them to think about breakfasts that contain the different groups and consider combinations such as cereal with milk.

**A well-balanced breakfast will have food from:**

**Yellow section** - these are super-energy carbohydrates that give us energy right up until lunch. We should try and eat wholegrain or wholemeal options where possible because these contain fibre which is good for us.

**Green section** - try and have some fruit or even vegetables at breakfast. How could we do that?

**Blue section** - it is also important to have some dairy to help build strong bones and teeth.

**Drink is important too** - it could be a glass of milk or orange juice.

### Activity for All - Matching breakfasts to the Eatwell Guide

Look at the pictures of different breakfasts on page 9 (you could print and cut them out and have them at tables). Ask the children to identify which sections of the Eatwell Guide the different foods belong to.

- Porridge with milk and fruit
- Egg on wholemeal toast
- Granola with yoghurt and fruit
- Wholegrain cereal topped with banana

### EY and KS1 Activity

Children can draw a picture of them eating a healthy breakfast at home. Don't forget a drink!

### KS2 Activity

**The Breakfast Board Game** - see template and instructions on pages 10-12





**GRANOLA WITH  
YOGHURT AND FRUIT**



**WHOLEGRAIN CEREAL  
WITH BANANA**



**EGG AND TOMATOES ON  
WHOLEMEAL TOAST**



**PORRIDGE WITH MILK  
AND FRUIT**

## Breakfast Board Game Cards

You oversleep so don't have time for any breakfast.

Move back 3 spaces!

You prepare some overnight oats the night before so they are ready for your breakfast.

Move forward 3 spaces!

You don't feel hungry when you wake up so don't bother eating anything.

Move back 3 spaces!

You choose wholegrain cereal for breakfast which contains healthy fibre.

Move forward 3 spaces!

You can't see anything you like to eat in the kitchen so just grab a chocolate bar.

Move back 2 spaces!

You remember to have a drink with your breakfast.

Move forward 2 spaces!

You don't have anything to drink with your breakfast.

Move back 2 spaces!

You like trying different fruits like bananas or strawberries at breakfast time.

Move forward 2 spaces!

You need to go to your friend's house very early so leave without having breakfast.

Move back 2 spaces!

You know that if you don't have any breakfast, you will have less energy later on.

Move forward 2 spaces!



## Board Game Instructions

### You will need:

- The board game template
- A dice
- Counters for the number of players
- The 10 cards - cut out, mixed up and face down

### How to Play

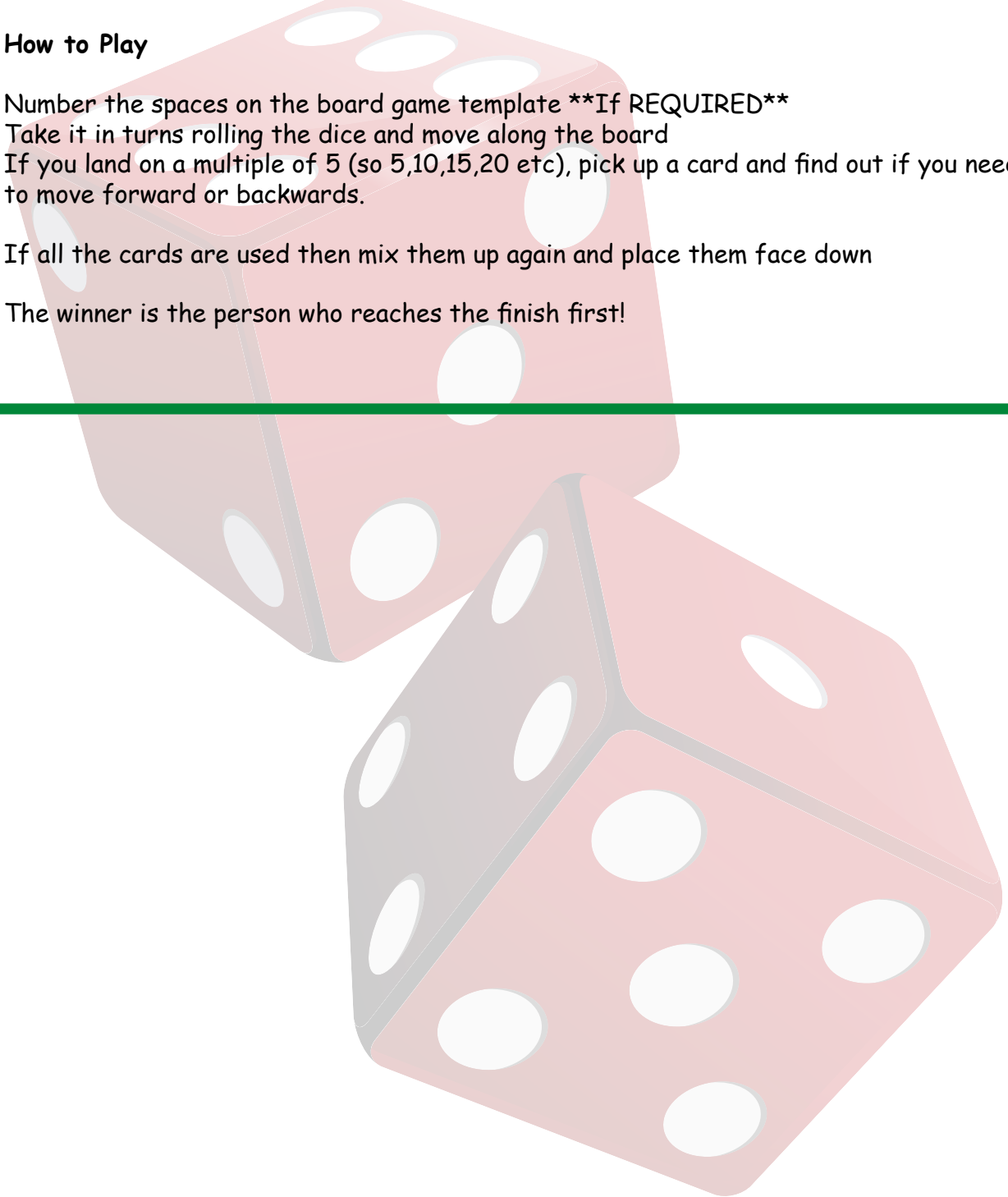
Number the spaces on the board game template **\*\*If REQUIRED\*\***

Take it in turns rolling the dice and move along the board

If you land on a multiple of 5 (so 5,10,15,20 etc), pick up a card and find out if you need to move forward or backwards.

If all the cards are used then mix them up again and place them face down

The winner is the person who reaches the finish first!



## SESSION 3- BAG A BREAKFAST

### Making Healthy Choices

There are lots of choices for breakfast and it's important to try and make healthy ones so we start the day in the best possible way! Show the children the Healthier Choices breakfast cards 2a and 2b on page 15.

**Breakfast 2a** - Chocolate cereal and whole milk, chocolate spread on white toast, chocolate milk

**Breakfast 2b** - Wheat biscuits and semi-skimmed milk, wholemeal toast with chocolate nut spread, orange juice

Ask the children to discuss which is the healthier option and to explain why they think this is the case. They need to think about:

- The high sugar content of the chocolate products. It can cause a mid-morning slump and is bad for our teeth.
- Semi skimmed milk has less fat than whole.
- Choosing wholegrain or wholewheat cereals which contain fibre and our great for our insides.
- Orange juice for Vitamin C.

Explain that they can still have chocolate spread but to look for one with less sugar and spread it thinly.

### EY/KS1 Activity

#### Breakfast around the world

Using a world map or a globe explore breakfast food around the world. Pass around plates of bite-sized breakfast foods from around the world and point out where they come from on the map/globe.

<b>France</b> -	croissants
<b>America</b> -	pancakes with blueberries
<b>Denmark</b> -	rye bread with hard-boiled egg
<b>Japan</b> -	white rice & miso soup
<b>Northern India</b> -	paratha with vegetable curry
<b>Senegal</b> -	fresh fruit (local such as mango or banana), baguettes and chocolate spread



## Wholegrain Detectives

Show the children the pictures of the wholegrain cereals and wholemeal bread and encourage them to spot the word 'whole' on the breakfast products they have. Wholegrain foods release energy slowly so make us feel fuller for longer.



## Breakfast 2a



PhunkoFoods Healthier Choices

## Breakfast 2b



PhunkoFoods Healthier Choices

# The Phunky Café

## Breakfast Menu

**Food choices**

**Prices**

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**Drink Choices**

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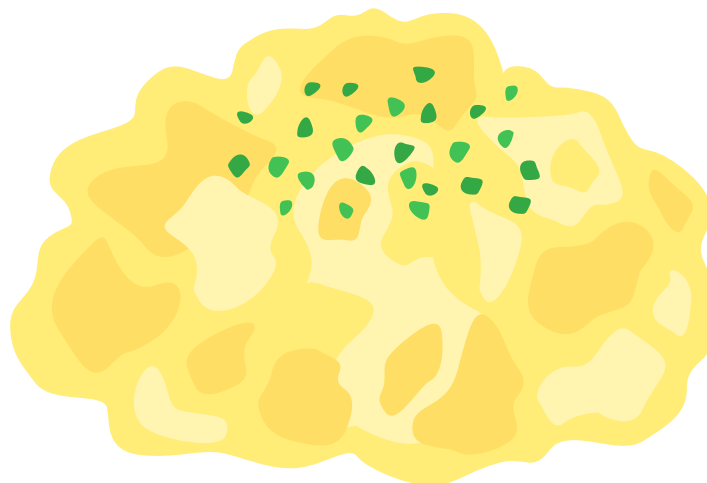
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**Special Offer!**



## Session 4: Consolidate and Make!

**ALLERGENS:** All recipes have allergens listed. Parent consent to participate in food preparation sessions and allergen information should be collected for EVERY child prior to the session.



Remind the children of the health message/topic for this week. What do they recall about the topic? What are their take home messages from the week?

### INGREDIENTS

Explain that today you're going to be making a healthy, balanced recipe/dish that sums up the health message you've been looking at. Show the children the recipe, and discuss the ingredients needed. How do they relate to the messages you've been looking at this week? Where do they fit in the Eatwell Guide? [Tip: there is guidance on this on the back page of the recipe sheet.]

### SKILLS

Take a look at the skills you will be covering. Are there any skills that are new to the children? If so, skills snippet videos are available on our PhunkyFoods YouTube channel at <https://www.youtube.com/user/Phunkyfoods/playlists> ; you can demonstrate each new skill by playing the video, or you can show them yourself (ensuring you are using the correct method of course!)

**NOTE:** Please see our PhunkyFoods knife policy and guidance on page 20.

## Session 4: Consolidate and Make!



### FOOD SAFETY AND HYGIENE

Ask the children what they need to do before they start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a bright coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:

[www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Cook A Long videos to accompany these recipes are also available at

[www.phunkyfoods.co.uk/parents/cooktogether/](http://www.phunkyfoods.co.uk/parents/cooktogether/)



## PhunkyFoods: Guidance on use of sharp food preparation equipment in primary schools.

This document has been written to offer guidance and advice to PhunkyFoods local Engagement and Development Coordinators (EDCs) in their role to deliver practical food preparation sessions to children and adults in primary schools across the UK.

One of the key purposes of incorporating cooking as part of Design & Technology (D&T) in both KS1 and KS2 is to teach ‘a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.’ (National Curriculum, 2014). The D&T Progression Framework for Cooking and nutrition, for Key Stages 1 and 2, as developed by the Design and Technology Association in collaboration with the National Curriculum Expert Group for D&T, is shown below:

Cooking and nutrition	Key Stage 1	Key Stage 2
Where food comes from	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> <li>that all food comes from plants or animals</li> <li>that food has to be farmed, grown elsewhere (e.g. home) or caught</li> </ul>	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> <li>that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world</li> </ul> <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> <li>that seasons may affect the food available</li> <li>how food is processed into ingredients that can be eaten or used in cooking</li> </ul>
Food preparation, cooking and nutrition	<p>Across KS1 pupils should know:</p> <ul style="list-style-type: none"> <li>how to name and sort foods into the five groups in The eatwell plate</li> <li>that everyone should eat at least five portions of fruit and vegetables every day</li> <li>how to prepare simple dishes safely and hygienically, without using a heat source</li> <li>how to use techniques such as cutting, peeling and grating</li> </ul>	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> <li>how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source</li> <li>how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</li> </ul> <p>In early KS2 pupils should also know:</p> <ul style="list-style-type: none"> <li>that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate</li> <li>that to be active and healthy, food and drink are needed to provide energy for the body</li> </ul> <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> <li><i>that recipes can be adapted to change the appearance, taste, texture and aroma</i></li> <li>that different food and drink contain different substances – nutrients, water and fibre – that are needed for health</li> </ul>

It is the policy of the PhunkyFoods Programme that:

- ALL sharp bladed cooking equipment will be counted in and out of EVERY session.
- A copy of our risk assessment will be provided to schools on request for each session delivered.
- All accidents will be reported directly to the school for recording purposes, and noted to Head Office as soon as possible after the event.
- Knife skills will be taught across KS1 using soft fruits and vegetables and using round-bladed, table knives ONLY. Appropriate knife skills and rules will be demonstrated at the start of each session.
- In lower KS2 IF they have good knife skills and have practiced using table knives previously, and school is happy or them to do so – then pupils can start to use the sharp knives (3 inch straight blades – with child appropriate handles). Appropriate knife skills and rules will be demonstrated at the start of each session.
- Upper KS2 should be using appropriately-sized sharp knives, if school is happy for them to do so, following good practice for knife skills and rules which will be demonstrated at the start of each session.
- As per our cookery skills passport – grating and peeling will ONLY be undertaken with KS2 pupils. Recipes requiring grating or peeling of ingredients for KS1 pupils will be pre-prepared for pupils. Safety and good technique whilst using peelers and graters in KS2 will be demonstrated at the start of each session.
- In parent/child cookery clubs, when parents are present and working one-to-one with pupils then we may allow KS1 children to use peelers and graters – but parents need to take responsibility and supervise. This needs to be made clear to the parents at the start of the session.

## SUPERCRUNCH PUDDING



Supercrunch is a cold pudding which can be put together in minutes! There are endless variations to this recipe ... use any fresh or stewed fruit of your choice (ideally use in-season fruit, it will usually be cheaper), try different yoghurts, swap the yoghurt for custard, sprinkle on cinnamon, add seeds or chopped nuts ... just have super-crunchy fun!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use measuring spoons and cups; garnish & decorate; tidy away.

**Equipment:** Knife, chopping board, spoons, serving glasses or bowls (or plastic cups)

### Ingredients (serves 2):

- 160g fresh fruit, cut into small pieces (e.g. grapes, kiwi, strawberries)
- 150g pot plain low-fat yoghurt
- 1 tsp runny honey
- 50g crunchy oat cereal / granola

### Method

1. Divide the prepared fruit between the glasses or bowls.
2. Stir the honey into the yoghurt, then divide the yoghurt between the glasses or bowls.
3. Sprinkle the oat cereal on top.



## SUPERCRUNCH PUDDING

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Supercrunch ...

**Fruit** is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.



**Yoghurt** is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.



**Oats** provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

### Energy, sugar, fat and salt per serving

Per 184g serving

**ENERGY**  
912KJ / 216kcal **11%**

**LOW** **FAT**  
5.1g **7%**

**LOW** **SATURATES**  
2.1g **11%**

**MED** **SUGARS**  
24.3g **27%**

**LOW** **SALT**  
0.2g **4%**

% of an adult's reference intake

Typical values per 100g : Energy 202kJ / 48kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage



It can be tricky to evaluate health-related fun activities and what impact they have on children – so here are a few questions that we like to ask at the end of our activity sessions. They are quick and simple to ask, and only involve you having to count hands and write down numbers! If you can capture any more qualitative comments at the same time you should also jot down those quotes in the spaces provided – just to give a flavour of what the children are feeding back.

TOTAL NUMBER OF CHILDREN:

1) Put your hand up if you have learnt something new this week.

Number of hands:

If so, what have you learnt?

2) Put your hand up if you have tried/tasted something new this week.

Number of hands:

If so, what have you tried/tasted?

## Evaluation

3) Put your hand up if you think you might use what you've learnt this week to try and be more healthy e.g. eat more healthily, drink more water, eat more vegetables, be more physically active.

Number of hands:

If so, what will you change to be more healthy?

4) Put your hand up if you enjoyed the PhunkyFoods sessions this week.

Number of hands:

If so, what was the best bit?



## Bag-a-breakfast



Whilst breakfast is no more, or less, important than any other meal, kick starting your day the right way IS important.

Breakfast is the opportunity to top up the energy stores used by your body overnight, and to provide essential nutrients such as fibre, vitamins and minerals.

Plus scientific studies have shown that eating breakfast might improve our mental performance, our ability to concentrate, and our mood – three great reasons to eat a healthy breakfast every day!

### Best breakfast drinks

Rehydrating first thing in the morning is vital, and water is always the best option. However milk, pure fruit juice, tea or coffee also supply fluid and, providing no additional sugar is added, provide a healthy option.

Just remember that even fresh fruit juice, and smoothies, contain natural sugars which will add energy to the diet and increase the risk of tooth decay so stick to one 150ml glass per day.



### I don't have time for breakfast!

Plan, plan, plan ahead. Set the table the night before, or make items in advance that you can simply grab from the fridge.

Beware high sugar pre-packaged breakfast items such as breakfast bars or cereal "drinks" – instead make your own by sprinkling granola on a yogurt, or eating a piece of fruit with some dry cereal.



### What if I don't want breakfast?

Some people just don't feel like eating as soon as they wake up; that's okay but, if you can, you should try and eat within a couple of hours of getting up.

Taking breakfast items on the go with you can help with this. Good choices could be a banana or a piece of malt loaf/fruit bread, or perhaps a yogurt with granola sprinkled on.



### Further information:

- [www.bda.uk.com/foodfacts/healthy\\_breakfast](http://www.bda.uk.com/foodfacts/healthy_breakfast)
- [www.phunkyfoods.co.uk/parent/bag-a-breakfast-parents-information/](http://www.phunkyfoods.co.uk/parent/bag-a-breakfast-parents-information/)
- For more healthy breakfast ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)



## Bag-a-breakfast

Start EVERY day the right way!



### 1 Base your breakfast on... Starchy Carbohydrates to re-fuel your body

#### Choose one from:

- Bread, bagels, muffins, crumpets or crackers (choose wholemeal or seeded)
- Wholegrain breakfast cereals • Porridge



### 2 Add some... Fruit and Vegetables to keep you healthy



OR

#### Choose one from:

- Seasonal fresh fruit or tinned/frozen: Banana, satsuma, apricot, peach, grapefruit, melon
- 150ml of fresh fruit juice, homemade fresh fruit smoothie
- Dried fruit or pomegranate seeds on cereal
- Grilled tomatoes or mushrooms on toast

### 3 Include... Dairy & Alternatives for healthy teeth and bones



#### Choose one from:

- Dairy fruit smoothie with yogurt and/or milk (150ml)
- Low fat and low sugar yoghurt or fromage frais
- Serve your breakfast cereal with ice cold milk

\*Supercrunch-recipe on website

### Don't forget drinks to rehydrate your body

#### Choose one from:

- Semi skimmed milk – or skimmed milk for children over 5 years.
- 150ml of fresh unsweetened fruit juice



### When you have a little extra time... Protein Foods for growth and repair



OR

#### Choose one from:

- Poached/scrambled eggs on wholemeal toast
- Mushroom and cheese omelette
- Baked beans on wholemeal toast

### If you're pushed for time try our... Grab & Go breakfast ideas!



#### Choose one from:

- A scotch pancake, banana and water/milk
- Breadsticks, low fat cheese, grapes/apple and water
- Mini blueberry muffin, satsuma and water/milk

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[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)