

# Breakfast activities



# Breakfast activities



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# Breakfast activities



## Introduction

Some say it is the most important meal of the day but many of us don't eat it. What is it? Breakfast!

The very name tells us that this meal is a time when we break the "fast" we have had overnight and so we need to fuel our bodies to supply energy for the activities ahead.

Breakfast foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fibre. The body needs these essential nutrients and research shows that if these are missed at breakfast, they are less likely to be compensated for later in the day.

<http://www.shakeupyourwakeup.com/why-is-breakfast-important>

In this e-booklet FACE has collated a number of resources and weblinks to help teachers and educators to devise interesting breakfast-related activities at any time of year.

If you have further activities to suggest, please email them to [enquiries@face-online.org.uk](mailto:enquiries@face-online.org.uk) and we'll consider including them in an updated version!



*With thanks to AHDB Cereals for permission to use a number of the images in this booklet..*  
[www.shakeupyourwakeup.com](http://www.shakeupyourwakeup.com)

# Breakfast activities



## History of breakfast

Apparently, the Romans didn't eat breakfast, preferring only one main meal a day.

In the Middle Ages, life was centred on the church. The day before Shrove Tuesday (which is now more commonly called Pancake Day) was known as Collop Monday and was the day when any meat and eggs had to be eaten to prepare for the fasting period of Lent. Some say that this led to the first "Full English" breakfast!

By the 17th century breakfast was becoming popular in wealthy households. Coffee, tea and scrambled eggs were consumed and by the following century rich people had breakfast rooms designed as part of their homes.

Amongst the aristocracy the popularity of breakfast reached a peak in the nineteenth century as part of the hunting party rituals. Huge meals were served comprising as many as 24 dishes.

The same period saw the Industrial Revolution where many people went to work in factories and, when possible, they needed to eat a meal early in the morning to give them strength for their hard day's work.

A breakfast product many of us are familiar with was developed at the start of the 20th century by an American, John Harvey Kellogg. Cornflakes were born! It was in the 1950s that toasters, instant coffee and pre-sugared cereals first became available to many people.





# Breakfast activities

## Who makes your breakfast?

There are many people involved in bringing our breakfast products to the table.

Copy a series of photos demonstrating the process for one product e.g. eggs or milk, bread or bacon, cereal or sausages. See if the children can put them in order from the farm to the plate.

You might find this site useful for finding images:

<http://www.countrysideclassroom.org.uk/resources/1165>

A very simple activity for young children can be found here:

<https://www.tes.com/teaching-resource/muddled-up-instructions-breakfast-6109775>

How about asking a farmer/producer in to school to explain his/her role in the process? You could invite others involved in the chain - a milkman, a butcher, a market stall holder or retailer.



# Breakfast activities



## Videos

There are some excellent short videos available explaining where our food comes from.

Try those on the Why Farming Matters pages which have videos of farmers who produce milk, cereal crops, and strawberries—all suitable components of a healthy breakfast!

<http://www.whyfarmingmatters.co.uk/using-the-videos>

A screenshot of a video player interface. The video title is 'Dairy' and the series is 'Why Farming Matters Teaching Series: Dairy'. The video features Emma Harrison, a Dairy Farmer at Greystone Farm. The video player shows a list of timestamps and questions: 00:14-00:27 'What must happen for a cow to produce milk?', 00:27-00:37 'How much milk does a cow produce?', and 00:40-00:58 'What happens in the milking parlour?'. The video player is set against a background of horizontal wooden planks.

# Breakfast activities



## My favourite breakfast

Ask the children to bring in images, (own photos, cuttings from magazines, drawings etc.) of their favourite breakfast.

Give the children the opportunity to talk about their favourite breakfast and what they like about it.

Dad cooks this on Saturdays before we go shopping

When I stay with my Nan we always have pancakes for breakfast

I like fruit more than anything

When we go on holiday we have those little packets of cereals

Toast is the very best – with jam

Keep a tally chart to find out which breakfast foods are the most popular.

Cereals



# Breakfast activities

## Identifying breakfast products

Present younger children with a selection of breakfast packaging or products:  
cereal boxes, egg cartons, bread packaging, jam jar etc.

Add into the mix packaging for a variety of products the children might not expect to see at breakfast: a pack of frozen beefburgers; a tin of tuna; a packet of rice etc,

Discuss with the children which items are more likely to be eaten at breakfast and why. This is a good activity to develop vocabulary and spoken language skills.



# Breakfast activities

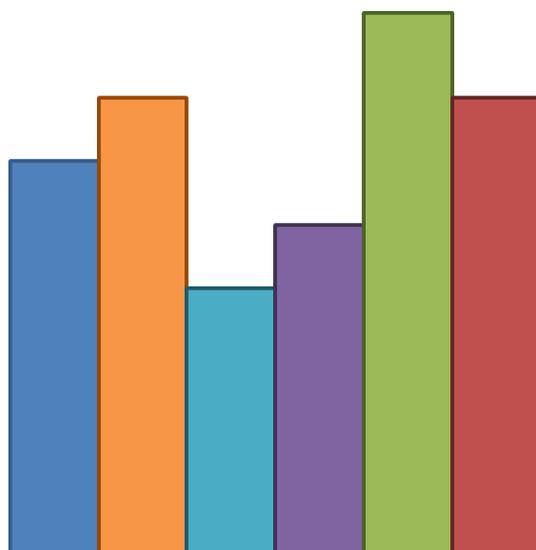


## Do a breakfast survey

Ask the children to devise a survey to find out who eats what at breakfast time:  
cereal/toast/eggs/nothing!

(Remember not to be judgemental if children don't eat breakfast—there may  
be many reasons for this. )

Use graphs and charts to display the class results.



# Breakfast activities



## Egg Science

Many schools hire incubators and hatch eggs in school as part of a life cycles topic. However there are several activities which can easily be organised which help learners understand more about how eggs 'work'.

The two activities here illustrate how to tell if an egg is fresh or not and what egg shells are made of. There is also a diagram of the structure of an egg which learners can see if an egg is broken onto a plate and some FAQs.

LEAF Regional Consultants can usually put you in touch with someone who hires out incubators (and in some cases fertile eggs for hatching)

n.b. Anyone handling raw egg should wash hands thoroughly afterwards.

**How to tell if an egg is fresh**

**Resources:**

Minimum of two eggs – one freshly laid (supermarket eggs are usually very fresh because there is such a sales turnover and poultry farms do not store eggs but move them to shops as soon as possible) and one at least three weeks old  
2 empty, clean jam jars (deeper than the size of an egg) filled with cold water  
2 clean plates

**Instructions:**

Put a fresh egg in one jar of water and an older egg in the other.

Egg shells are porous and absorb air. The air sac at the end gradually gets larger as the egg ages. The fresh egg will lie horizontal in the water and the older egg, with larger air space should tilt semi-vertical or even 'stand' upright in the water.

Ask the children why this happens – if they have already looked at the structure of the egg and its shell they may be able to work it out.

Break the eggs onto plates to see if they look the same – fresh eggs have plumper whites, older eggs have flat, watery looking whites.

# Breakfast activities



**Dissolving an egg shell – looking at the structure of an egg**

**Resources –**

**Minimum of four uncooked eggs**

**Bottle of vinegar**

**Four plastic tubs**

**Instructions (warning, this is quite a smelly activity!)**

**Egg shells are made of calcium which dissolves in acid (in this case vinegar).**

**It takes about 3 days for the shell to completely dissolve away.**

**Set one egg in vinegar 2/3 days before the activity.**

**Set another the next day.**

**Set a third during the activity.**

**As the shell dissolves the layers peel away, it becomes quite soft and eventually the egg is just contained in its membrane.**

**The eggs need to be very carefully handled at each stage as they will break**

**Easily. For older groups it is summarised like this:**

Egg shell	+	Vinegar					
Calcium Carbonate	+	Acetic Acid	=	Water	+	Carbon Dioxide	+ Calcium Acetate
$\text{CaCO}_3$	+	$2\text{CH}_3\text{COOH}$	=	$\text{H}_2\text{O}$	+	$\text{CO}_2$	+ $\text{Ca}(\text{CH}_3\text{COO})_2$

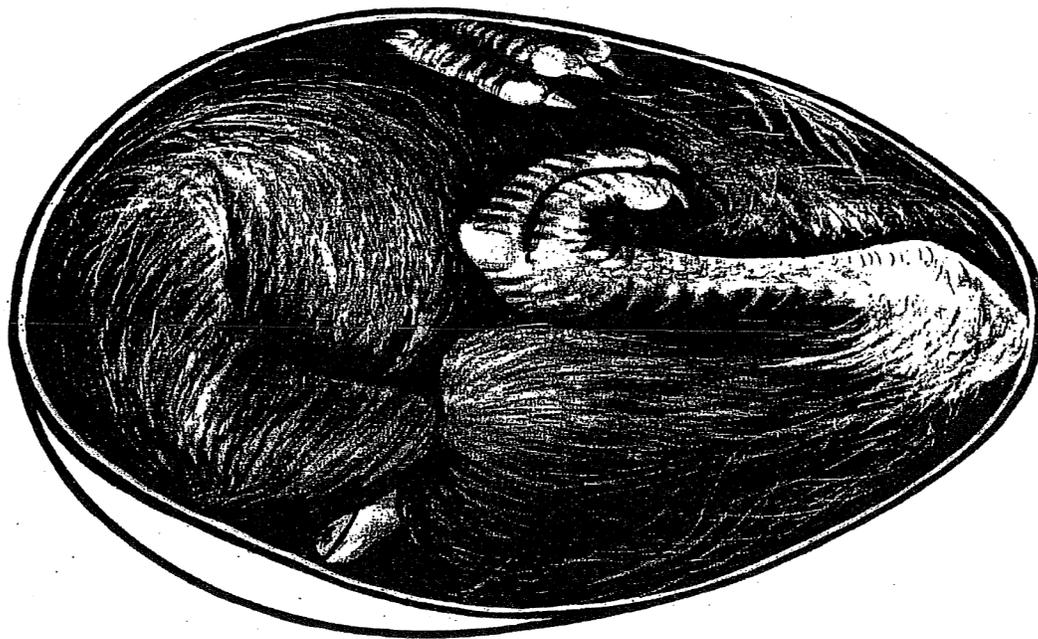
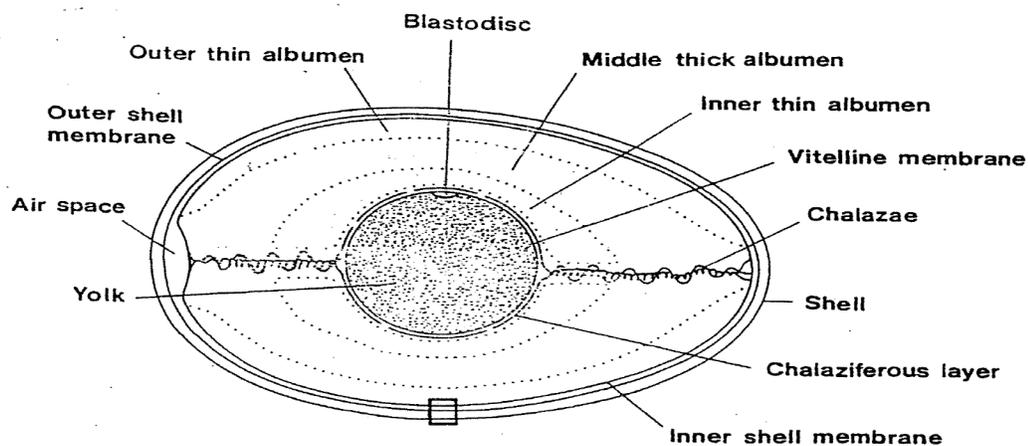


# Breakfast activities



How does a chicken make an egg?	Eggs form inside the chicken. It takes just 25 hours for an egg to form. The chicken lays a clutch of 5-9 eggs and then has a rest for 24 hours before it starts again.
Why are egg shells different colours?	The shell colour depends on the breed of the bird. For example Marans lay dark brown eggs; Rhode Island Red eggs are a lighter brown and White Leghorns lay white shelled eggs.
What are egg shells made of?	Egg shells are made of calcium (chalk). Calcium dissolves in acid so it is possible to dissolve an egg shell in vinegar.
How old does a chicken have to be to make an egg?	Chickens usually start to lay eggs when they are between 16 and 21 weeks old - depending on the breed of chicken. Chickens can have a 5 - 10 year life span although commercial chickens are kept on the poultry farm for only a year. Chickens moult once a year.
How many eggs can a chicken lay in a year?	Chickens that are kept on poultry farms lay up to 320 eggs in a year.
How does the chick get out of the egg?	The chick that has grown inside the egg uses a special bit on the end of its beak (called an egg tooth) to crack the shell so that air can get in and it can breathe. This is called pipping. The chick is not ready to hatch out of the egg then but will do so later on, once it has enough air in the egg to breathe.
What changes the colour of egg yolks?	Yolks are made into a darker yellow colour by the food that the chicken eats. Because some people think that darker yellow eggs are tastier, farmers sometimes add things like calendula petals to the chickens' food so they lay dark yellow eggs.
Are brown shelled eggs and dark colour yolks better for you and tastier?	The colour of egg shells and yolks doesn't make a difference to the quality or taste of eggs. Some people think they look better so the supermarkets prefer to pay farmers for brown eggs with darker yellow yolks.
<p>Remember - only the female chickens, also called hens, lay eggs.</p> <p>Chicks will only develop in eggs that have been fertilised by a cockerel.</p> <p>Poultry is the word for birds that we get food from: chickens, geese, ducks and turkeys.</p>	

# Breakfast activities



# Breakfast activities

## Grinding grains

Children love grinding grains, such as wheat! Give them the opportunity to see the grain before it goes into the grinder and to see what happens to it afterwards. If you can provide a sequence of images to show the stages from wheat to breakfast product, all the better!

(If you don't have access to a grinder, try using a pestle and mortar).



# Breakfast activities



## The breakfast pairs game

This is a version of the traditional pairs game put together to help children remember the links between breakfast foods and the crops or livestock they come from. There are 2 sets of cards: one with the names/pictures of popular breakfast foods on, the other with the names/pictures of the corresponding crops or livestock. The cards are in 2 different colours: there is nothing on the backs of the cards to distinguish them from each other except for colour.

To play the game, following a discussion about the cards regarding the foods and where they come from, all the cards are spread on a table or on the floor face down. In turn the children choose one card of each colour and if they 'match' (e.g. bread and wheat or milk and cows) keep the pair. If there is no match the cards are returned face down and everyone tries to remember where they have been placed. In some versions of the game the player would continue to choose cards all the time that s/he has chosen matching pairs but in order to keep all the children involved the organiser might prefer to limit each player to choosing one pair at a time.

The number of breakfast foods can be increased or decreased according to the age of the group of players.

### Making the game

For 12 different breakfast foods you will need

- 3 x A4 sheets card in colour A

- 3 x A4 sheets coloured card in colour B

- Each piece of card should be cut into 4 A6 cards.

On colour A cards you write the names / stick on pictures of the chosen breakfast foods on one side only.

On colour B cards you write the names / stick on pictures of the crops/livestock they come from on one side only.

(Laminating the cards will help keep them in good condition).

# Breakfast activities



Twelve breakfast foods and their farm source might be:

<b>Food</b>	<b>Source</b>
Bread	Wheat
Eggs	Chickens
Sausages	Pigs
Bacon	Pigs
Butter	Cows
Milk	Cows
Yogurt	Cows
Sugar	Sugar beet
Porridge	Oats
Cornflakes	Maize
Weetabix	Wheat
Honey	Bees

# Breakfast activities

## Breakfast recipes

Start off by introducing - and trialling - some simple breakfast recipes.

Here are some suggestions :

<http://www.nhs.uk/Livewell/loseweight/Pages/Healthybreakfasts.aspx>

<http://www.bbcgoodfood.com/recipes/collection/healthy-breakfast>

<http://www.shakeupyourwakeup.com/breakfast-recipes>



### TOASTY EGGS

A great weekend breakfast recipe when you've got that little bit more time.

[Read more »](#)



### POSH BEANS ON TOAST

Give this classic dish a makeover with a modern twist that includes two of your 5-a-day

[Read more »](#)



### BREAKFAST SCONES

Get your bake on and have fun making these Breakfast Scones. These are great to make in advance for an on-the-go breakfast when...

[Read more »](#)

# Breakfast activities



## More ideas!

There are many more ideas on the internet for breakfast activities and information for a wide variety of ages .

Y10 Business Studies project <https://www.tes.com/teaching-resource/design-a-breakfast-cereal-3012379>

French activity on international breakfasts <https://www.tes.com/teaching-resource/worksheets-on-international-breakfasts-6257056>

Cereals

<http://www.countrysideclassroom.org.uk/resources/view?id=782>

Useful printable sheets for primary pupils

<http://www.nourishinteractive.com/nutrition-education-printables/category/79-food-groups-kids-healthy-breakfast-meals-sheets>

You can also find a wide variety of resources on Countryside Classroom

<http://www.countrysideclassroom.org.uk/>

**We hope you will consider arranging a breakfast at school or in your setting and that you will find the activities in this booklet helpful for pre- or post-breakfast work.**

