



Have breakfast ideas



Run a special school breakfast club with healthy options. Invite parents or carers into school to have breakfast with their children.

Challenge pupils to cook some healthy breakfast recipes. Why not try [Food- a fact of life](#) recipes such as [Fabulous fruit salad](#), [Healthier cooked breakfast](#) or [Croque monsieur](#)? Try to use wholegrain varieties of cereals and bread, and choose lower fat milk.

Ask pupils to record their 'typical' breakfast. Task them to suggest healthy swaps they could make to include vegetables or fruit, or a higher fibre option. Ask them to try out their suggestions during the Week.

Test your pupils' knowledge with the [Breakfast Quiz](#).



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



Task pupils with carrying out internet-based research to find out about traditional breakfasts eaten in different countries and present this information in a factsheet, booklet or presentation.

Ask the pupils to design a poster or flyer to promote breakfast which includes:

- the benefits of breakfast;
- the variety of breakfast options available;
- what a healthy breakfast should include;
- tips to help people who sometimes skip breakfast.

They could use the [Have breakfast challenge guide](#) for inspiration.

