



## Bag A Breakfast

### Communication and Language

#### **Boris the Belly Beast Interactive Big Book CD-Rom**

- Play the Interactive WhiteBoard Big Book “Boris the Belly Beast”
- Ask the children to listen very carefully as you’ll be asking them questions about it at the end
- When you’ve finished the story recap by asking relevant questions such as; what noise did the Belly Beast make? How did Grandad say you could keep the Belly Beast quiet? What food(s) did Joe eat for breakfast in his dream? What happened when he ate cakes/biscuits for breakfast? What happened when Joe woke up for real?
- Ask the children if they’ve ever heard from their Belly Beasts? Do they all eat good, healthy breakfasts every day? Joe does now!!

#### **My favourite breakfast**

- Ask the children to tell the group about their favourite ever breakfast. Is it one they have every day, or is one they have as a treat every now and then? Does it keep their Belly Beast quiet?

### Physical Development

#### **Breakfast Stretch Wave**

- Sit in a circle and perform a gentle basic stretch and hold it. One at a time, moving in a clockwise direction, the children should perform the same simple stretch. Once it has been passed around the circle, the child to the left of the teacher should stretch a different part of their body and the wave continues.

#### **Follow My Leader**

- Lead the children around a space (indoor or out) travelling in a variety of ways by running, skipping, jumping, hopping or dancing and the children should follow behind travelling in the same manner as the leader.
- When you call change the leader goes to back of the group and the next child in line takes the lead. You can either call the actions or children can lead their own group making their own sequences.

### Personal, Social & Emotional Development

#### **The most important meal of the day**

- Explain to the children that breakfast is the most important meal of the day. This is because your body has had no food all night and needs food and drink to give it the energy it needs to function such as going to school, working hard and playing at break time. Without breakfast the body can’t do all the things it needs to do as well as it would if you’d had breakfast.

#### **Setting the table for breakfast**

- Turn the home corner into a dining room. Leave equipment such as spoons, knives and forks, plates and bowls, empty cereal packets and milk bottles, so the children can set the table for breakfast.

#### **Boris Breakfast Plates**

- Give each child two paper plates and a copy of the Boris characters. Ask the children to cut out the Boris pictures and stick them in the centre of each plate. They will have one plate of him asleep and one plate with Boris awake and growling.
- Using the foods from the breakfast plate worksheet ask the children to create two different breakfasts on their plates – one healthy one which will keep Boris asleep and one which will make the Belly Beast growl!



## Bag A Breakfast

### Literacy

#### Reading

- Have the Boris the Belly Beast Interactive Big Book available for children to listen to and read along to at their own pace. Alternatively download each screen, print and laminate to make your own print version of the book.

#### Writing

- Ask the children to complete the overwriting activity on the Boris the Belly Beast CD-Rom

### Mathematics

#### Setting the table for breakfast

- Take a pair of the children into the home corner dining room. Show them differing numbers of cutlery and ask if there are more spoons or knives. Encourage the children to use words such as 'more', 'less' or 'fewer'. Ask what they need to do to make the number of spoons and knives the same.
- Repeat this activity changing the numbers and objects to reinforce number bonds to 10.

#### Goldilocks and the three bears

- Introduce the activity by reading Goldilocks and the three bears. In small groups show the children three different sized bowls and ask them to think which one belongs to Father Bear. In our classroom story the bears are going to eat rice pops instead of porridge. Ask the children which bowl do they think has the most rice pops in it? Why do they think that one? How could we find out which bowl holds the most rice pops?
- Let a volunteer demonstrate their idea for determining which bowl holds the most rice pops. Discuss. Ask if anyone has another way for working out which bowl belongs to Father Bear. (Pouring from one bowl to another is the likely approach although it is also possible to pack the smaller bowl inside the larger one to demonstrate the difference).

### Understanding the World

#### 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.

**France** – croissants

**America** – pancakes with blueberries

**Denmark** – rye bread with hard-boiled egg

**Japan** – white rice & miso soup

**Northern India** – paratha with vegetable curry

**Senegal** – fresh fruit (local such as mango or banana), baguettes and chocolate spread!

### Expressive Arts & Design

#### What does my belly beast look like?

- Remind the children of the Boris the Belly Beast story. What did Boris sound like? Who can make the best Belly Beast sound? What does their own Belly Beast sound like? What does their Belly Beast look like?
- Give each child a copy of the 'Draw Your Own Belly Beast' worksheet. Ask the children to create their own Belly Beast. They can draw whatever Belly Beast they like and use any of the art materials supplied. Ask the children questions about their work, allowing them to develop their ideas.
- You can enter the children's work into the PhunkyFoods competition for the best Belly Beast. All entries will appear on the PhunkyFoods website. You should send competition entries to PhunkyFoods Belly Beast Competition (Early Years), 46 Cheltenham Mount, Harrogate, HG1 1DL.



## Bag A Breakfast

### Food Preparation & Tasting Ideas

Use these fun food preparation ideas with your children. Don't forget to send the recipe sheets home to parents too ... or better still invite the parents in to cook with the children.

**Scrambled Eggs** - see the recipe sheet overleaf

**Porridge** - see the recipe sheet overleaf

For further breakfast recipe ideas including smoothies, pancakes and more, visit <http://phunkyfoods.co.uk/blog/tags/breakfast/>

### Display Ideas

#### Wall Displays

- Display photographs of the children from the **Breakfast Around the World** tasting session
- Display the childrens' Belly Beast Drawings

#### Hanging Displays

- Hang the Belly Beast plates from the **Boris Breakfast Plates** activity from a piece of string, diagonally from one corner of the room to the other.

#### Table Top Displays

- Make a table top display of the breakfast foods from around the world.

### Parental Involvement Opportunities

- Why not invite your parents in to do some food preparation activities using the ideas above?
- Book your local Community Support Worker to run the parent workshop session 'Bag a Breakfast', or access the resources to run the session yourself at <http://www.phunkyfoods.co.uk/dashboard/toolkit/workshops/>



## Scrambled Eggs on Toast

Good scrambled eggs are delicious at any time of day – breakfast, lunch, or teatime! The secret is to cook the eggs slowly and stirring them gently. If you have a ‘non-stick’ pan use this for scrambling eggs, as an ordinary pan can be difficult to wash up.

### Equipment:

Saucepan (ideally non-stick), bowl, tablespoons, fork, wooden spoon, knife, plates, hob, toaster or grill

### Ingredients (serves 4 children):

- 4 eggs
- 2 tablespoons milk
- Shake of pepper
- 1 tablespoon (15g) of margarine
- 4 slices wholemeal bread
- Extra margarine for spreading on toast



### Method:

1. Break the eggs into a basin, add a shake of pepper and the milk, and whisk together gently using a fork.
2. Heat the margarine gently in the saucepan until it has melted.
3. Pour in the egg mixture, leave for a few seconds, then stir gently with a wooden spoon.
4. Continue like this as the mixture begins to thicken.
5. Meanwhile toast the bread, using a toaster or grill (if you are using a grill, brown the upper side, then turn it over until brown on the other side). Spread with a thin layer of margarine.
6. Remove the saucepan from the heat when the eggs are almost set, as they continue cooking in the heat of the pan.
7. Spoon on to the toast and serve at once.

### Nutritional information

per 88g serving

#### ENERGY

953kJ / 229kcal

11%

MED

#### FAT

13.9g

20%

MED

#### SATURATES

3.3g

17%

LOW

#### SUGARS

1.3g

1%

MED

#### SALT

0.8g

13%

% of an adult's reference intake  
Typical values per 100g : Energy 1084kJ / 260kcal



## Porridge

Porridge is a quick and comforting breakfast option which gives us a steady stream of energy until lunchtime. And it doesn't just have to be kept for cold days – try cooling it down with a fresh fruit topping or cold milk on warmer days.

### Equipment:

Saucepan (ideally non-stick), cup, wooden spoon, hob, bowls & spoons

### Ingredients (serves 2 children):

- 1 cup (75g) porridge oats
- 1 cup (175ml) semi-skimmed milk
- 1 cup (175ml) water

Optional 'toppings': 1 sliced banana, a handful of fresh berries or dried fruit, a splash of cold milk, or a swirl of clear honey (add your choice of topping once the porridge is cooked)

### Method:

#### Hob Method:

1. Put the oats, milk and water into the saucepan and stir.
2. Heat gently, stirring often.
3. Continue like this for a few minutes. The porridge is ready once the mixture is thickened and piping hot throughout.
4. Spoon into bowls and add your topping of choice before serving.

#### Microwave Method:

1. Put the oats, milk and water into a large microwave-safe container.
2. Microwave on full power for 2 minutes, stir, then microwave for a further 1-2 minutes.
3. The porridge is ready once the mixture is thickened and piping hot throughout.
4. Allow the porridge to stand for 1 minute.
5. Spoon into bowls and add your topping of choice before serving.

### Nutritional information

per 170g serving

**ENERGY**  
792kJ / 188kcal

9%

**FAT**  
4.3g

LOW

6%

**SATURATES**  
1.4g

LOW

7%

**SUGARS**  
4.3g

LOW

5%

**SALT**  
0.1g

LOW

2%

% of an adult's reference intake  
Typical values per 100g : Energy 466kJ / 111kcal