



## BAG A BREAKFAST

### Why is Breakfast so important?

We all need to eat breakfast to give us energy for the day.

Imagine you haven't eaten any breakfast today. At about 10 o'clock you might feel a rumble in your belly followed by a growling noise...

It might be the Belly Beast if you haven't fed him to keep him quiet. Does he look like the picture below? Draw your own Belly Beast in the big box on the next page.



### Feeding the Belly Beast

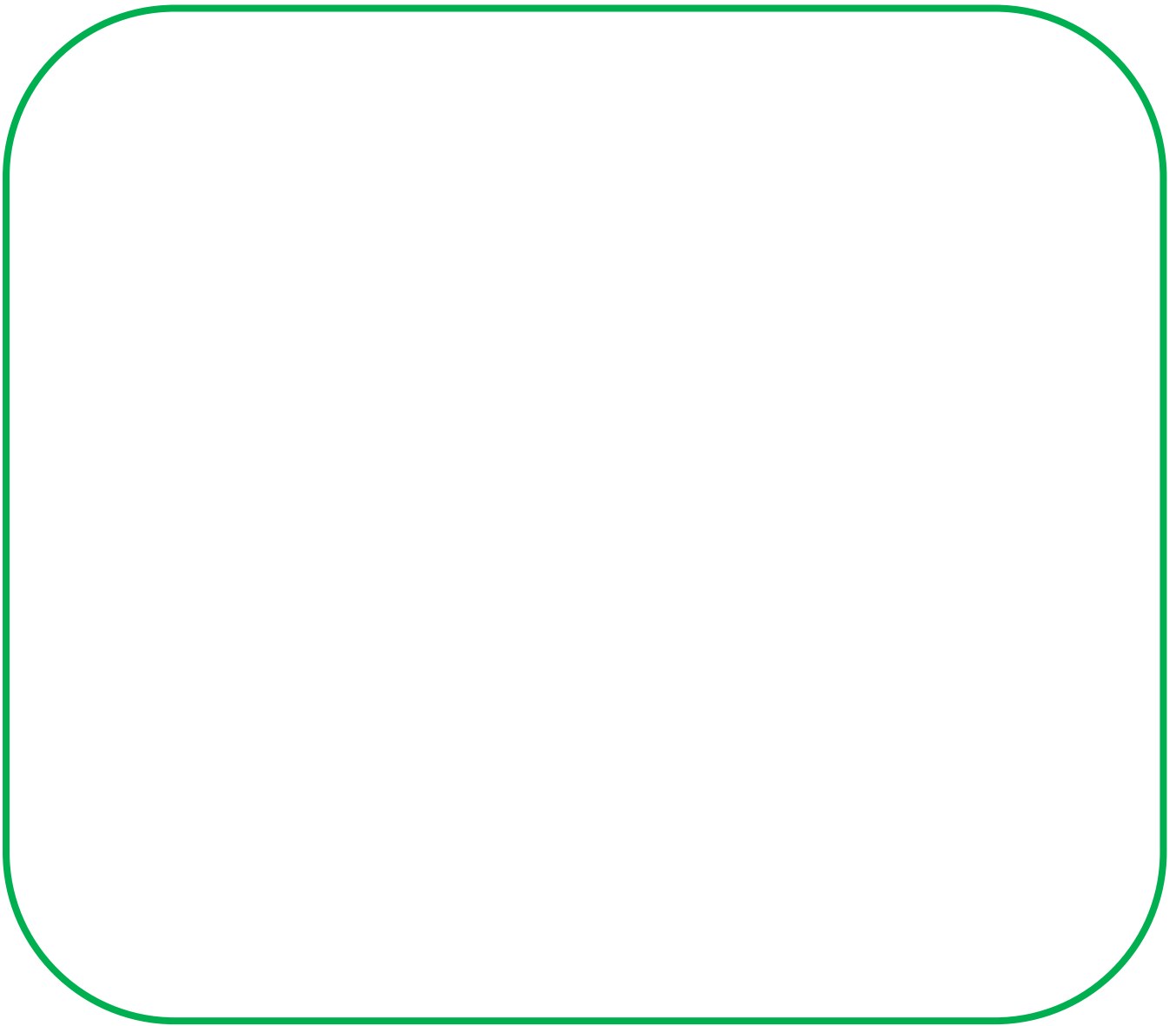
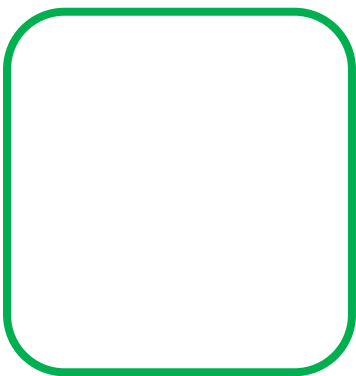
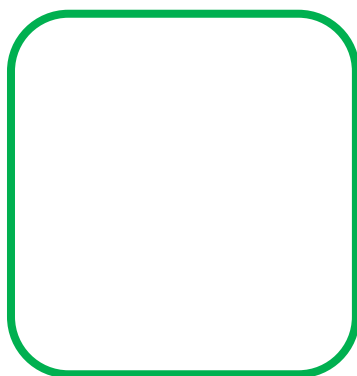
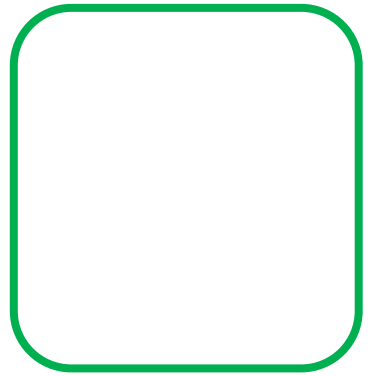
What could you feed your Belly beast for breakfast to keep him quiet every day? Think of three healthy foods and draw them in the boxes underneath your Belly Beast picture on the next page.

### What does your Belly Beast sound like?

Is it a growling grr grr grr grr noise? Have a go at making your Belly Beast sound. Try making your noise through a cardboard tube (toilet or kitchen roll) holder.

# MY BELLY BEAST

Keep him happy!

A large, empty rounded rectangular box with a green border, intended for drawing the body of the 'belly beast'.A small, empty rounded rectangular box with a green border, intended for drawing the head of the 'belly beast'.A small, empty rounded rectangular box with a green border, intended for drawing the head of the 'belly beast'.A small, empty rounded rectangular box with a green border, intended for drawing the head of the 'belly beast'.



## OVERNIGHT OATS

The possibilities here are endless! Very Berry Overnight Oats, Carrot Cake Overnight Oats, Apple and Raisin Overnight Oats ... we could go on! This is a great breakfast for children to prepare themselves the night before, and if necessary simply add a splash of milk in the morning and warm for 30-60 seconds in the microwave.

By adding fruit/vegetables to your overnight oats you will sweeten them without having to resort to extra sugar or honey.

**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use balance/digital scales; use measuring spoons and cups; use a box grater safely.

**Equipment:** Jam jar with lid, weighing scales, measuring jug, measuring spoons, spoon.

**Allergens\*:** Gluten | Milk

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

### Ingredients (1 portion of Very Berry Overnight Oats):

- 50 g rolled oats
- 100 ml semi-skimmed milk
- 50ml Greek Yogurt
- 1 tbsp mixed berries, fresh or frozen

### Method

1. Pour the oats into the jam jar.
2. Add the milk and yogurt and mix well.
3. Seal and refrigerate overnight.
4. Warm in the microwave, add a splash of milk if necessary and place the berries on top.



### Ingredients (1 portion of Carrot Cake Overnight Oats):

- 50 g rolled oats
- 150 ml semi-skimmed milk
- 1/4 tsp vanilla essence
- 1/4 tsp cinnamon
- 1 tbsp raw carrot, grated
- 1/2 tbsp raisins

### Method

1. Pour the oats into the jam jar.
2. Add the vanilla essence and cinnamon to the milk, and pour into the jam jar.
3. Add the carrot and raisins and mix well.
4. Seal and refrigerate overnight.

### Ingredients (1 portion of Apple & Raisin Overnight Oats):

- 50 g rolled oats
- 150 ml semi-skimmed milk
- 1/4 tsp vanilla essence
- 1/4 tsp cinnamon
- 1 tbsp grated apple
- 1/2 tbsp raisins

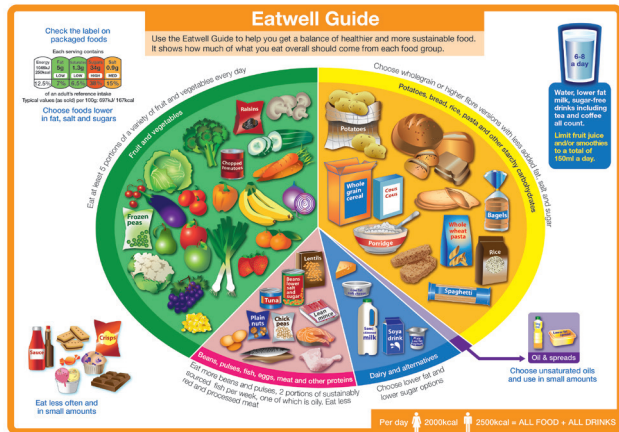
### Method

1. Pour the oats into the jam jar.
2. Add the vanilla essence and cinnamon to the milk, and pour into the jam jar.
3. Add the apple and raisins and mix well.
4. Seal and refrigerate overnight.



## OVERNIGHT OATS

### 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

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

Per 230g serving of Very Berry Overnight Oats

**ENERGY**  
1313kJ / 312kcal **16%**

**MED** **FAT**  
9.3g **13%**

**MED** **SATURATES**  
4.0g **20%**

**LOW** **SUGARS**  
8.4g **9%**

**LOW** **SALT**  
0.2g **3%**

% of an adult's reference intake

Typical values per 100g : Energy 571kJ / 136kcal

### So, thinking about overnight oats

**Milk** is a great source of calcium and protein. Semi-skimmed and skimmed milks contain all the important nutritional benefits of milk, but are lower in fat.

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

**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.



of

### 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

## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. Children can even do this in their normal clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The warm up...

**Circular Arms** - Get the children to stand up straight with their arms extended outwards from their body. The children should rotate their arms in a forward motion making small circles. Gradually increase the size of the circles until their arms are making the biggest circles possible. Keeping their arms extended outwards from their body, the children should rotate their arms gradually making smaller circles.



### Main activity...

**Chair Aerobics** - Children should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. Hiking – children swing their arms while lifting their knees and tapping their toes; Swimming – children move their arms as though doing front crawl and kicking their legs in a flutter kick; Cycling – children hold onto the seat of their chairs and pedal their legs as though riding a bike; Canoeing – children use an imaginary oar to paddle their canoe from side to side.

### Cool down...

**Strengthen & Relax** - Children lie on the floor, eyes closed. Breathe in deeply through the nose and out through the mouth. Call out a part of the body e.g. legs. Children tense the muscles in their legs as they breathe in and relax them as they breathe out. End with tensing all muscles in the body, hold, and then relax.



# DRAWING MEDITATION - 5 minute Mindfulness practice



### WALT What Am I Learning Today?

- Associate happy emotion with facial expressions.

### WILF What I am Looking For?

- Being able to represent happiness in drawings.

### Guidance and preparation

- In the house or outdoors.

### Resources

- Paper and coloured pencils.
- Coloured chalk or sand.
- Nature resources eg twigs/leaves.

### Useful for...

PSHE eg circle time and talking about happiness.

### Activity (3 minutes)

1. Adult to lead brief discussion about recognising happiness eg: What does your face look like when you are happy?
2. Children to draw/make their own face when happy.

### Discussion (2 minutes)

- Children show their drawing and explain what happens to their face when they are feeling happy