



BAG A BREAKFAST

Why is Breakfast so important?

We all need to eat breakfast every day to give us energy for the day ahead and everything we want to do.

Imagine you haven't eaten any breakfast today. At about 10 o'clock you may 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. He may look like this!



What does your Belly Beast sound like?

Is it a loud or soft 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. Ask other people in your house to make their Belly beast noise through your tube.

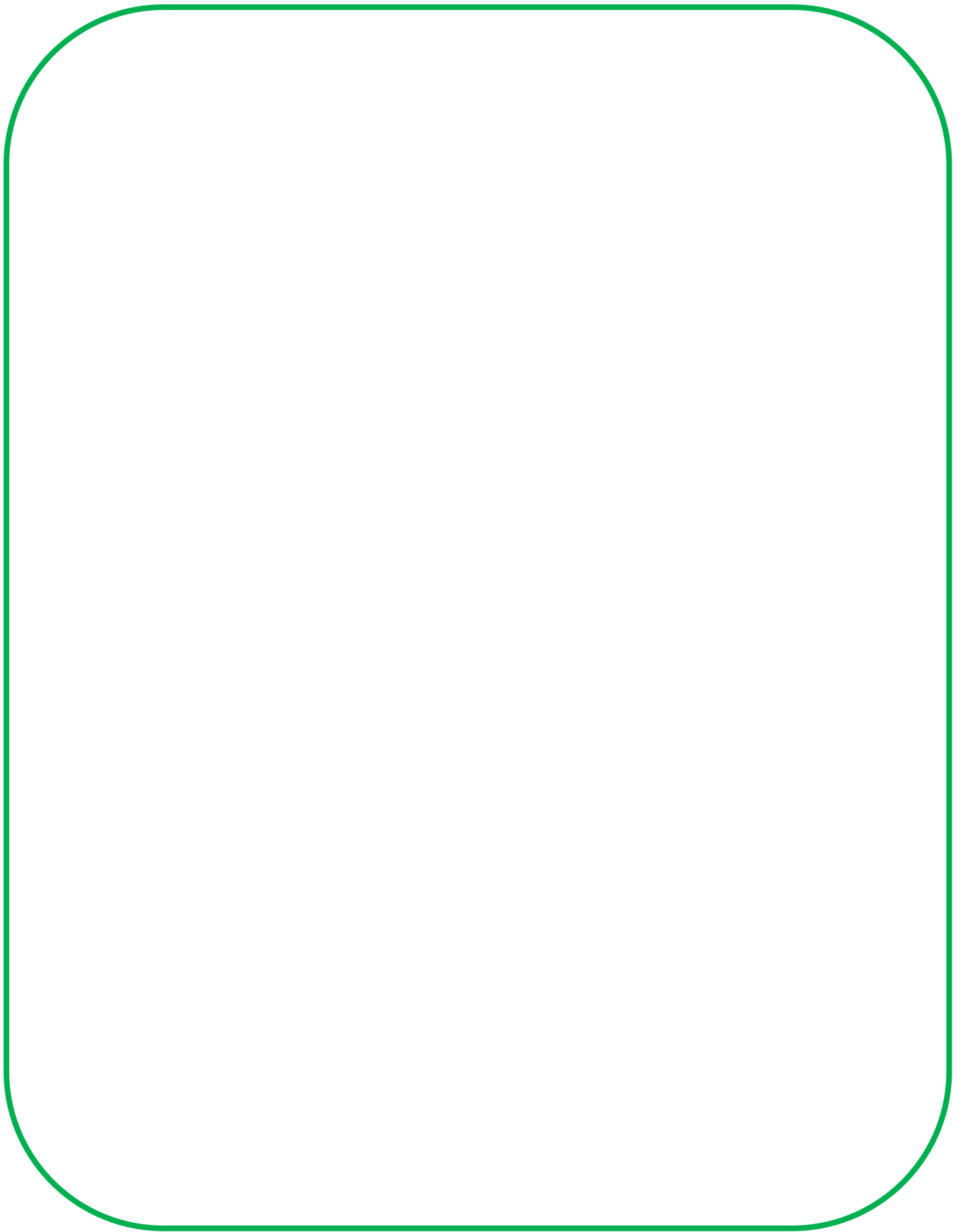
Poem Time!

Read together this funny breakfast poem by John Coldwell.

*When the Giant comes to breakfast
He eats cornflakes with a spade
Followed by a lorry load of toast and marmalade
Next he takes a dustbin, fills it up with tea
Drinks it all in one gulp and leaves the mess for me!*

Now draw your favourite breakfast or what you ate for breakfast today. Ask other people in your house what they ate for breakfast. Has it kept their Belly Beast quiet?

MY FAVOURITE BREAKFAST

A large, empty rectangular box with rounded corners and a green border, intended for drawing or writing. The box occupies most of the page below the title.



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

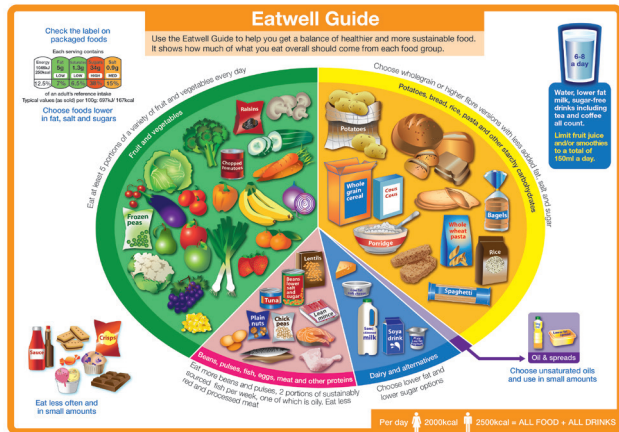
Method

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.



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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.



MINDFUL DRAWING - 10 minute Mindfulness practice



WALT What Am I Learning Today?

- Associate happy emotion with facial expressions.
- Recognising that favourite activities can affect happiness.

WILF What I am Looking For?

- To understand the link between activity and happiness.

Guidance and preparation

- In the house or outdoors.

Resources

- Chime bar or any percussion instrument.
- Paper and coloured pencils.

Useful for...

- PSHE eg circle time and talking about how activity affects mood.

Activity (5 minutes)

1. Adult to lead brief discussion about linking activity and happiness.
2. What makes you happy? Do you have a favourite activity?
3. Children to draw themselves doing their favourite activity.

Discussion (5 minutes)

- Children to take turns to describe their favourite activity and how they know when they are feeling happy.