



BAG A BREAKFAST

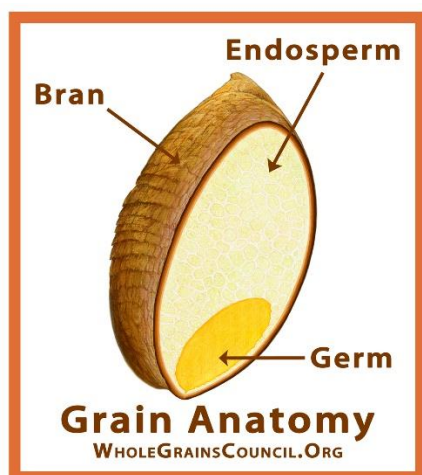
Why is Breakfast so important?

Web Detective

We are all encouraged to make sure we eat breakfast every day. What does the word breakfast mean? Why is it so important in keeping us healthy and well? How might you feel if you don't eat breakfast every day? Research the answers if you're not sure, you'll find information on the PhunkyFoods website. <https://www.phunkyfoods.co.uk/parent/bag-a-breakfast-parent-information/>

Wholegrains

Have you heard of wholegrains? It means foods that contain the whole of the grain of wheat. For example, wholegrain bread or bagels and some wholegrain breakfast cereals. Breakfasts that contain the whole of the grain of wheat help us feel fuller for longer and contain additional valuable nutrients such as fibre.



Breakfast Café Challenge – Design a Menu

What does a healthy breakfast look like? Imagine you have opened a breakfast café. On the next page, design a breakfast menu for the members of your family or your friends.

Can you create some inspiring new breakfast items for the menu? Remember to include some wholegrain options and think of a great Special Offer. You could use the internet to research prices and find cafes near to you.

The Phunky Café

Breakfast Menu

Food

Price

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Drinks

Price

_____	_____
_____	_____
_____	_____
_____	_____

SPECIAL OFFER!



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

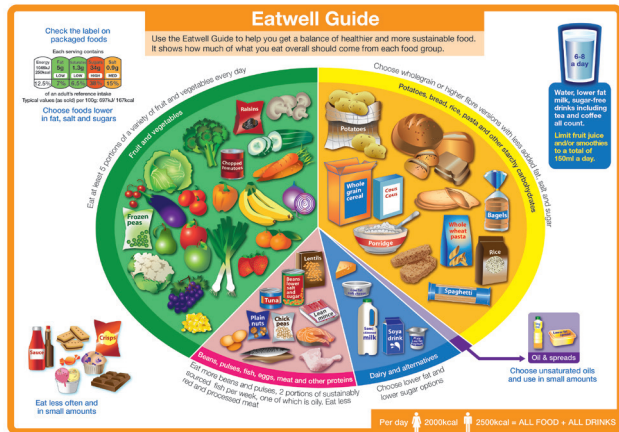
Method

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 - 15 minute Mindfulness practice

WALT What Am I Learning Today?

- Associate happy emotion with body state.
- Understanding that you can choose activities to lift your mood.

WILF What I am Looking For?

- To recognise which activities make me feel happy.

Guidance and preparation

- In the house or outside; children in pairs.

Resources

- Body outline template or roll of frieze paper for children to draw round their buddy's outline. You could use outside chalks if paper is limited.
- Paper and coloured pencils.

Useful for...

- PSHE eg circle time and talking about how choice of activity can help lift our mood.

Activity (10 minutes)

1. Adult to lead brief discussion about choosing activities that make us feel happier.
2. Children to discuss with buddy/partner/adult - activities that make them feel happy.
3. Children to draw their body outline and annotate where they feel happiness in the body eg relaxed shoulders, smile on face.

Discussion (5 minutes)

- Children to show their drawing to their partner and discuss any similarities or differences in body sensation when feeling happy.
- Adult to lead a discussion about how you know when you are not happy and what choices you could make to lift your mood?