

Session 2: Bread and Toast

Today, we are going to think about bread and toast that you can have for breakfast.

- There are lots of different types of bread.
- **How many types of bread can you think of?**
- Can you think of breads from different countries?

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Bread and Toast

What kind of toast and breads are healthy?

- Breads that are brown or contain seeds are healthier.
- They contain fibre which:
 - Keeps us full for longer.
 - Helps us to go to the toilet.

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- 1) Breads are healthy option, but like cereals children should learn what kind of breads are more healthy. Brown and seed breads are healthier because they are high in fibre which help children to feel fuller for longer and keeps blood sugar level steady.

Activity

BREAD SNAP



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Split the class into 6 groups, deal out the cards in equal proportions. Each player puts down one card each, if two of the same card are put down, the first player to put their hand on the pile and shout 'BREAD!' gets to keep all the cards in the pile. The game then starts again. The player left with the most cards at the end wins.