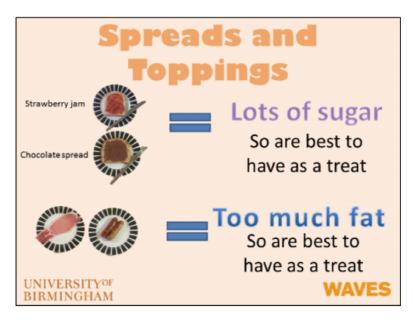
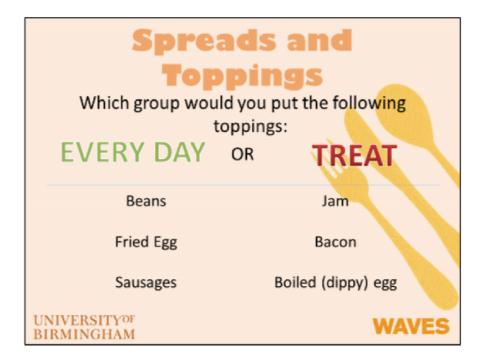


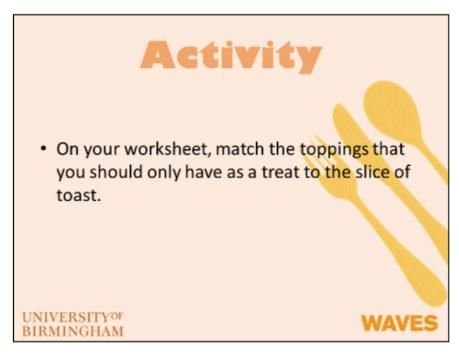
- Start with asking couple of questions like "What type of milk is the healthiest"?, "What cereals are healthy"? and "Name couple of healthy breads".
- 2) Then ask children to think of other foods they normally eat with breads/toasts.



- Spreads and toppings can be tasty- but some spreads and toppings are not very healthy.
- Explain why some spreads like chocolate spread and some toppings like sausages are not good for their health.
- You can also remind them to brush their teeth after having breakfast to stop tooth decay.



Ask the children which group they would put each of the foods into: Every day or treat.



- Ask children to think of healthy breakfast and make their own menu. They can ask for adult's help at home.
- Then they can draw their breakfast and bring it back to school to enter a competition which will be held before Christmas.