

Session 3: Spreads and Toppings

Today, we are going to look at some of the spreads and toppings you might have with your bread or toast at breakfast.

- **What spreads or toppings can you think of?**

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- 1) 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

Strawberry jam



Chocolate spread



Lots of sugar

So are best to
have as a treat



Too much fat

So are best to
have as a treat

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

Spreads and Toppings

Which group would you put the following toppings:

EVERY DAY OR **TREAT**

Beans

Jam

Fried Egg

Bacon

Sausages

Boiled (dippy) egg

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

Activity

- On your worksheet, match the toppings that you should only have as a treat to the slice of toast.

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