

Your challenge

Have breakfast every day.



The rules

- Have a healthy breakfast every day – including a drink.
- Make sure breakfast includes food from the four main food groups from *The eatwell plate*: *Fruit and vegetables*; *Bread, rice, potatoes and pasta*; *Milk and dairy*; and *Meat, fish, eggs and beans*.
- Try to have a different breakfast each day – helping to ensure variety in the diet.



Why eat breakfast?

- Breakfast is an important way to start the day! Those who eat a healthy breakfast may be less likely to snack on foods that are high in fat and/or sugar later on and may also be able to concentrate and perform better.
- Choose wholegrain versions of starchy foods such as wholemeal or granary bread or wholegrain cereals (e.g. porridge, wheat bisks) as these contain more fibre and nutrients and tend to release their energy more slowly.
- Include foods such as milk and dairy products (e.g. yogurt, fromage frais) as these contain calcium which is important for healthy bones and teeth.
- Always include a drink to start the day well hydrated.



Meeting the challenge

The *Have breakfast* challenge can be set at school, home or at work – use the trackers to record progress!

At school

- Organise a special breakfast during the week! Work with your school catering manager and/or breakfast club manager.
- Use registration/tutor time to see who has eaten breakfast – use the trackers to help.
- In lessons, focus on the importance of breakfast and get children and pupils tasting new foods! You could look at how the food is farmed and produced.

At home

- Plan breakfast for a week so you know what you will be having and when.
- Go for different food and drinks – try something new!
- Prepare your breakfast the night before so you can just grab it and go in the morning.

At work

- Organise a breakfast club at work – with colleagues providing a different breakfast each day. Why not use breakfast from around the world as a theme?

