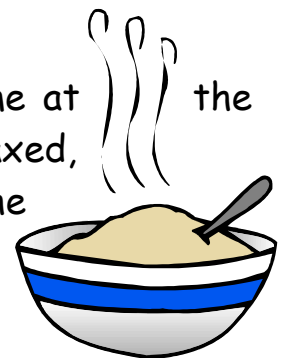


BREAKFAST SURVEY

We are always reminded that breakfast is the most important meal of the day and that it should be a healthy, well-balanced meal.

- ✗ **Carry out a class survey** of what everyone had for breakfast over the last week. List all the foods eaten and make a tally chart. Then produce pie charts of the results - they would look good displayed in the classroom !
- ✗ Is there a difference between what people eat on school days and what they eat at the weekend?
- Possible reasons for this - -People have more time at the weekend, We often get up later and are more relaxed, the whole family are often eating together at the weekend .



PRACTICAL

Plan and prepare a healthy breakfast suitable for a busy Monday morning. On a file page, stick a picture of your breakfast and write down why you chose it.

SUPERMARKET SURVEY

TO DO -

During the week visit your local supermarket.

1. How many different breakfast cereals are for sale?
2. Select a certain number and find out cost and weight and work out VALUE FOR MONEY - eg cost per serving
3. Read the label of your selected cereals. Examine the fat and sugar content !
4. Are they always a HEALTHY option !?
5. Recommend a best buy !!!!!