

THE IMPORTANCE OF BREAKFAST



"Breakfast is the most important meal of the day"

What is breakfast?

"Breakfast" means "breaking the fast". A fast is a time when no food is eaten.

Breakfast is the first meal of the day and breaks an overnight fast.

Eating breakfast in morning is going to give you enough energy to work through the day, and replace the energy lost while asleep.



Why is breakfast the most important meal of the day?

- A person who has eaten breakfast has more energy, does better work and feels happier.
- Breakfast, will help you to concentrate on the morning tasks, since the person would have enough energy to work.
- If no breakfast is taken, by mid-morning a person would become restless, weak and tired.
- A good breakfast, will help you control your weight. This is because food is going to be broken down during the day when the person is active.
- Eating a healthy breakfast, prevents you from snacking on junk food or unhealthy snacks such as crisps and biscuits, since you are not going to feel hungry in the middle of the day.



The following are simple healthy breakfasts that can be consumed:

- ☺ Scrambled eggs on wholemeal toast
- ☺ Baked beans on wholemeal toast
- ☺ Porridge
- ☺ Breakfast cereal with milk
- ☺ Fruity pancakes



The following are some drinks that can be consumed for breakfast:

- Fresh Fruit Juice
- Milkshakes
- Milk
- Fruit smoothies
- Tea
- Coffee



Choosing a healthy breakfast cereal

Breakfast cereals are very common, and these are the most common breakfast for the majority of people. Always try to choose healthy breakfast cereals, keeping in mind the following tips:



- High in dietary fibre: Dietary fibre will fill you up. As a result, you will less likely to snack on unhealthy foods.
- Low in fat and sugar: too much fat and sugar will result in health problems, such as overweight and obesity, and dental caries.
- High in vitamins and minerals: these are very important in our diets, since they are going to help the body to work properly. Usually breakfast cereals have vitamins and minerals added to them (fortified).

It is important to remember the following when preparing breakfast:

- Time available
- Cost
- Sustainability



Name: _____

Class: _____

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WORKSHEET

1. What is the meaning of the term breakfast? (3 marks)

2. Write 2 reasons why breakfast is one of the most important meals of the day? (4 marks)

- _____

- _____



3. Mark is a 14 year old teenager who usually goes to school without having any breakfast. He recently heard on the radio about the importance of having breakfast every morning. Can you suggest a healthy breakfast for Mark? (8 marks)

Name: _____

Class: _____

PREPARATION SHEET



Assignment

Dish and beverage chosen

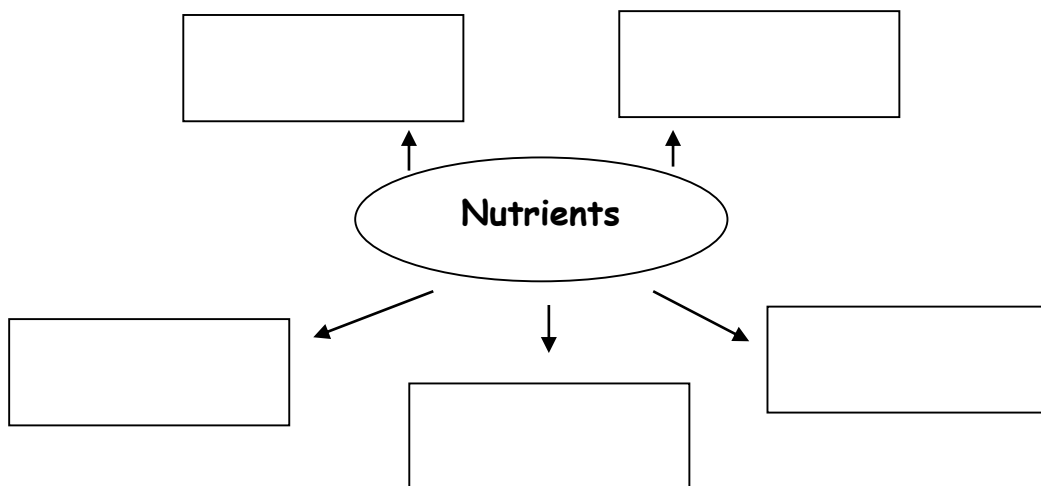
⇒ Name of dish and beverage to be made:

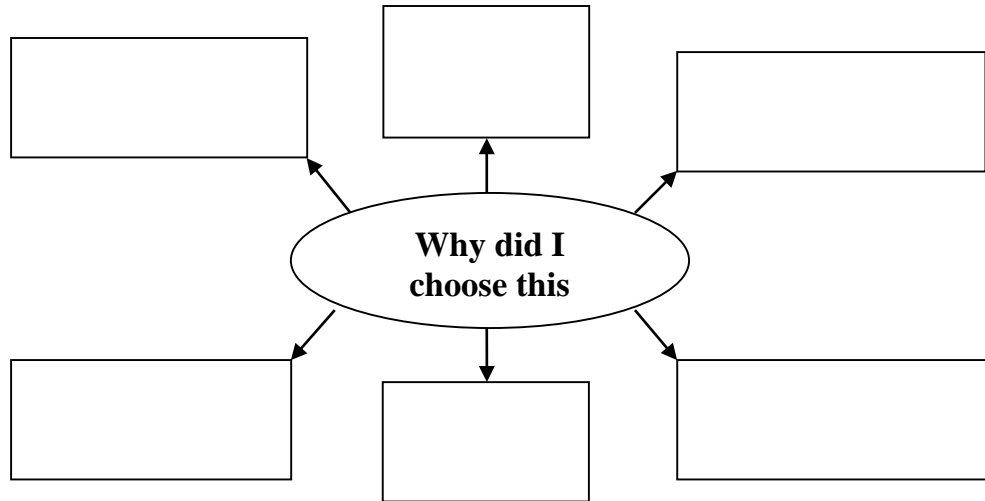
⇒ Ingredients:

List of utensils/equipment

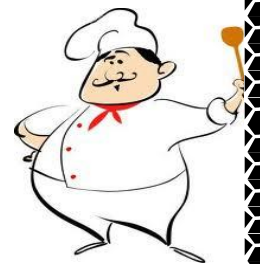
⇒ Utensils:

Reasons for choice



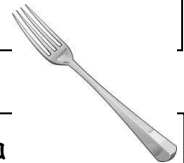


Order of Work



1. Remove _____, wash hands and put on _____.

2. Wipe _____ and prepare _____ and _____.



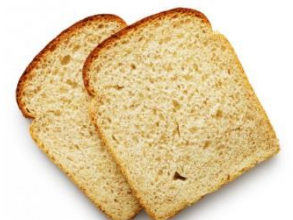
3. Crack 2 eggs into a small _____. Add a pinch of pepper. Beat well with a _____.

4. Put a small pan over a low heat and add a tablespoon of olive _____.



5. Pour the _____ into the pan and stir them slowly with a wooden spoon.

6. Put the _____ in the toaster to toast.



7. When the eggs are done, put the _____ egg on toast.

8. Cut the _____.



9. Serve the vegetables with the scrambled egg on toast.






Shopping List

Fruits/Vegetables

Groceries

Evaluation

Statement	YES 	YES but I need improvement 	NO 
1. <u>Reasons for choice and flow-chart</u> a. Did I give good reason/s for choice? b. Did I fill in the flow-chart well?	a.	a.	a.
	b.	b.	b.
2. <u>Self-preparation</u> a. Did I wear appropriate protective clothing and scarf/cap? b. Was I well prepared? c. Did I have everything I needed? d. Did I follow all the steps before starting preparing the chosen dish?	a.	a.	a.
	b.	b.	b.
	c.	c.	c.
	d.	d.	d.
3. <u>Organisation</u> a. Did I keep my kitchenette and working table in order?	a.	a.	a.
4. <u>Hygiene in the food lab</u> a. Did I follow the kitchen hygiene rules? b. Did I work in a clean environment? c. Did I cover the prepared food? d. Did I wipe away any spills immediately?	a.	a.	a.
	b.	b.	b.
	c.	c.	c.
	d.	d.	d.
	e.	e.	e.

e. Did I clean the work surfaces as I worked along? f. Did I wash and dry the utensils and equipment well?	f.	f.	f.
5. <u>Safety in the food lab</u> a. Did I follow the safety rules in the food lab? b. Did I follow safety rules when using knives? c. Did I make safe use of kitchen utensils and equipment?	a. b. c.	a. b. c.	a. b. c.
6. <u>Cooking skills</u> a. Did I practise good cooking skills? b. Did I need a lot of help?	a. b.	a. b.	a. b.
7. <u>Time management</u> a. Did I finish on time?	a.	a.	a.
8. <u>Finished food item/dish</u> Did I have good results in terms of : a. appearance b. texture c. taste?	a. b. c.	a. b. c.	a. b. c.
9. <u>Presentation of food</u> a. Did I manage to make a pleasing presentation of the prepared food? b. Did I make use of a clean and suitable tablecloth and an appropriate decoration? c. Did I serve my food on an appropriate serving plate and with the right serving cutlery?	a. b. c.	a. b. c.	a. b. c.

I did my **best** in:

- _____

- _____

I need **improvement** in:

- _____

RECIPE - SCRAMBLED EGG ON TOAST SERVED WITH VEGETABLES

Ingredients

- 2 eggs
- A pinch of black pepper
- 1 tbsp olive oil
- 2 slices of bread
- Vegetables e.g. tomato, cucumber etc.

Method

1. Crack 2 eggs into a small bowl. Add a pinch of pepper. Beat well with a fork.
2. Put a small pan over a low heat and add a tablespoon of olive oil.
3. Pour the eggs into the pan and stir them slowly with a wooden spoon.
4. Put the bread in the toaster to toast.
5. When the eggs are done, put the scrambled egg on toast.
6. Cut the vegetables.
7. Serve the vegetables with the scrambled egg on toast.

