

FOOD & NUTRITION: SUMMER HOMEWORK



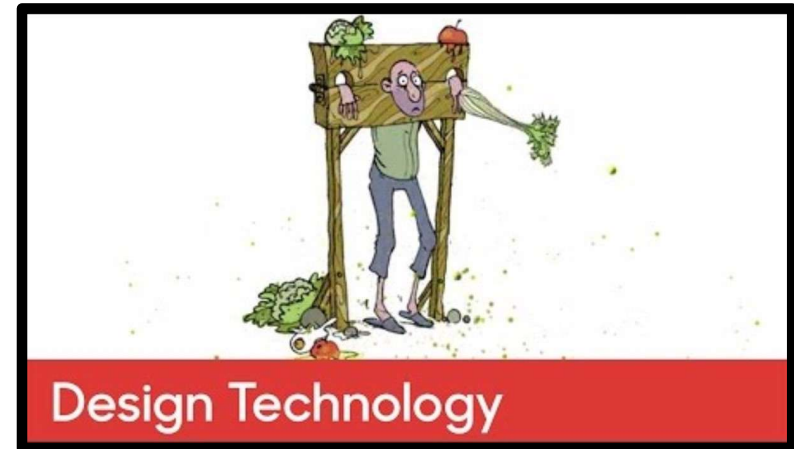
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FOCUS ON BREAKFAST....

Research the reasons why breakfast is considered an important meal, especially for a **teenager**. From this research create a range of **breakfast** meals that would support their **growth** and **development**.

Include **recipe ideas** giving **reasons** why you chose the ingredients. (e.g. I am making a smoothie as it contains milk which has vitamin B to release energy and calcium to help teeth and bone development).

Include **photographs/videos** of your breakfasts and any **techniques** used, for example: poaching eggs or making pancakes. We welcome the use of software or Apps to present photographs/videos as a collage or reel.



WATCH VIDEO



EIGHT GUIDELINES FOR
HEALTHY EATING

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Growing a vibrant community of exceptional people
by developing character, confidence, and creativity
by growing through taking part, volunteering, and getting to know ourselves and each other.

