

<p>Session 3</p>	<p><b>Session Title: Breakfast- Off to a good start</b></p>
<p><b>Learning outcomes</b></p>	<ul style="list-style-type: none"> <li>▪ Increase awareness and knowledge of what constitutes a healthy breakfast.</li> <li>▪ Increase knowledge of how to read food labels in relation to breakfast cereals.</li> <li>▪ Obtain skills in using healthier cooking methods when preparing meal options.</li> <li>▪ Practical tips for easy and quick healthy breakfast ideas.</li> <li>▪ How to use leftovers- the saga of the egg</li> </ul>
<p><b>Recipes &amp; resources to aid session</b></p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"> All_Day_Breakfast.pdf</div> <div style="text-align: center;"> Scrumptious_Scrambled_Eggs.pdf...</div> <div style="text-align: center;"> Perfect_Boiled_Eggs.pdf</div> <div style="text-align: center;"> Perfect_Egg-demonstrators not...</div> <div style="text-align: center;"> Perfect_Poached_Egg.pdf</div> <div style="text-align: center;"> Porridge.pdf</div> <div style="text-align: center;"> Food shopping card poster (2).pdf</div> <div style="text-align: center;"> Food shopping card poster update 2014 (</div> </div> <p>Please use Let's Get Cooking recipe bank to ensure that all clients attending are cooking recipes that meet their needs e.g. vegetarian/egg free etc.</p>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Introduction to session &amp; recap on two week menu cycle (5 minutes)</li> <li>▪ Group discussion &amp; demonstration by facilitator (35 minutes) <ul style="list-style-type: none"> <li>➤ Do you eat a healthy regular breakfast? (5 minutes)</li> <li>➤ Reading breakfast cereal labels- what's HIGH and what's LOW sugar? (20 minutes)</li> <li>➤ What cereals the group use at home?</li> <li>➤ What is a portion of breakfast cereal? Achieving 5 A Day? (5 - 10 minutes)</li> </ul> </li> <li>▪ Recap food safety and hygiene in the kitchen (5 minutes)</li> <li>▪ At cooking stations- cooking, tasting and tidying up. (1 hour 10 minutes) <ol style="list-style-type: none"> <li>1. Quick and easy breakfast option</li> <li>2. Healthier cooked breakfast</li> </ol> </li> </ul>

<p><b>Equipment Required</b></p>	<p><b>Posters</b></p> <ol style="list-style-type: none"> <li>1. Do's &amp; don't in the kitchen</li> <li>2. Food labelling Information</li> <li>3. Food shopping card</li> </ol> <p><b>Kitchen Equipment</b></p> <ul style="list-style-type: none"> <li>▪ Access to cooking equipment, tables, stoves, microwaves etc &amp; washing up facilities (hot and cold running water, disposable cleaning cloths, paper towels, bin bags, bactericidal detergent, antibacterial cleaning spray etc).</li> <li>▪ Cooking area must have fire blanket / extinguishers</li> <li>▪ Access to first aid kit</li> <li>▪ Access to fridge</li> <li>▪ Recipe ingredients</li> <li>▪ Aprons</li> <li>▪ Knives &amp; scissors</li> <li>▪ Pots and pans</li> <li>▪ Chopping boards</li> <li>▪ Bowls (various sizes)</li> <li>▪ Colander</li> <li>▪ Whisk</li> <li>▪ Jugs</li> <li>▪ Oven mitt/gloves</li> <li>▪ Grater</li> <li>▪ Cutlery and crockery</li> <li>▪ Scales</li> <li>▪ Measuring jug</li> <li>▪ Tin opener</li> <li>▪ Kitchen utensils such as spoon, ladle, potato peeler</li> </ul> <p><b>Additional Equipment</b></p> <ul style="list-style-type: none"> <li>▪ Flip chart paper</li> <li>▪ Marker pens</li> </ul>
<p><b>Speakers Notes</b></p> <p>Welcome back and introduction to session (5 minutes)</p> <ul style="list-style-type: none"> <li>▪ Welcome everyone back to group</li> <li>▪ Brief discussion around how group felt after previous week e.g. did anyone try the new recipe?</li> <li>▪ Introduce session and recap on two week menu cycle</li> </ul> <p><b>Healthy Regular Breakfast</b></p> <p><b>Group discussion and demonstration by Community facilitator: (35 minutes)</b>  <b>Aim to increase awareness of the importance of having a regular breakfast</b></p> <p><b>5 minutes</b></p> <ul style="list-style-type: none"> <li>• Ask each participant on the scale of 0- 7 days how many times they have breakfast in a week.</li> <li>• Using feedback from the participants discuss with the group 'How often they have a breakfast</li> </ul>	

and why?' Allow group to raise issues as to why they may not have breakfast and try to highlight why it is important.

Examples of some issues that may prevent participants eating a healthy regular breakfast are:

1. Lack of time when going to school/work.
2. Staying too long in bed.
3. Out of the habit so claim don't feel hungry.
4. Don't like breakfast options provided at home
5. Not organised
6. Lack of skills to prepare the right foods.
7. Lack of money to buy the healthy options

Emphasize to the group that it is very important that get in to a habit of always having a healthy breakfast.

- Examples of reasons why it is important to have breakfast include that:
  1. Breakfast literally means 'Breaking the Fast'. Therefore body needs fuel/energy as it has not had any overnight.
  2. Scientists say that breakfast should make up about 25%, a quarter of all the fuel/energy we have all day.
  3. It has been proved that children/teenagers/parents who regularly have breakfast concentrate better than those who do not.
  4. Evidence shows that having breakfast helps control your weight.
  5. Anyone who misses breakfast are more likely to graze on unhealthy snacks, especially on the way to school/work.

### **Breakfast Cereals- Reading labels (20 minutes)**

#### **Group discussion**

**Aim is to introduce the group to food labels on breakfast products in order for them to know just what they are buying.**

#### **How do we know if a breakfast cereal is high in sugar?**

Recapping of food labelling information discussed in week 2., discuss:

- When considering what is a healthy breakfast cereal- the important information to look at is the **SUGAR** content. Inform the group that when looking at food labels on breakfast cereals first look at ingredients list. The first ingredient is always the biggest ingredient, therefore meaning that the cereal has the most of this in it. Highlight to group that when looking for sugar in the ingredients list other words may be used to describe sugar, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey (use 'added sugars' poster to help group remember the different types of alternative names for sugar when checking the ingredients lists). Emphasize that if they see one of these near the top of the list, you know the cereal is likely to be high in added sugars.
- Explain to the group that another way to get an idea of how much sugar is in a food is to look for the 'carbohydrates (of which sugars)' figure on the label. Illustrate to the group the 'label' and 'carbohydrates (of which sugars)' section on the packages in front by the group. Ensure clients are all happy with checking this.

#### **What's HIGH and what's LOW sugar? (use 'Food Shopping Card' poster)**

- **Over 22.5g per 100g is HIGH sugar content**
- **5g or below per 100g is LOW sugar content**

If it is between 5g and 22.5g this is a medium amount of sugar.

Inform the group that sometimes we only see a figure for total 'carbohydrates', **NOT** for 'carbohydrates of which sugars', which means the figure also includes the carbohydrate from starchy foods.

**Food Label Task** – Place out a selection of breakfast cereals packages. Ask the each group to look at the breakfast cereals in front of them and rank them in order of lowest to highest sugar content per 100g. Using Food Standards Agency's Traffic Light Colours for sugar levels per 100g discuss during task what traffic light colour each individual package is.

**Examples :** Discuss if each group thought it was a surprise! (*nutritional content noted as of 2<sup>nd</sup> November 2013*)

- Shredded wheat 0.9g per 100g  
Traffic Light System colour: **GREEN**
- Scott's Porage Oats Original 1.1g per 100g  
Traffic Light System colour: **GREEN**
- Weetabix 4.4g per 100g  
Traffic Light System colour: **GREEN**
- Corn flakes 8g per 100g  
Traffic Light System colour: **ORANGE**
- Rice Krispies 10g per 100g  
Traffic Light System colour: **ORANGE**
- Shreddies 15.5g per 100g  
Traffic Light System colour: **ORANGE**
- Coco pops 34.0g per 100g  
Traffic Light System colour: **RED**
- Sugar puffs 35g per 100g  
Traffic Light System colour: **RED**
- Frosties 37g per 100g  
Traffic Light System colour: **RED**

**Briefly discuss 'What cereals the group use at home?'**

If time allows request group to highlight some of the cereals they use at home. Using tables below highlight if they are the healthy or not so healthy options.

The following breakfast cereal grids are provided for the Community Facilitator for information in order to respond to groups highlighted cereals used at home. It is not necessary to discuss in detail the nutritional content of each product but only to highlight to the group the healthiest and not so healthy options. (*nutritional content noted as of Oct 2014*)

### **The healthier breakfast cereals**

Breakfast cereals that have been identified as those whose nutritional values do not exceed the recommended amount of salt or sugar per 100 grams:

Note to convert sodium to salt- multiply sodium by 2.5

Product Name	Salt content per 100g	Sugar content per 100g
Weetabix	0.65g (amber)	4.4g (green)
Quaker Oats (original)	Trace (green)	1.1g (green)
Ready Brek (original)	Trace (green)	1.0g (green)
Scott's Porage Oats	Trace (green)	1.1g (green)
Shredded wheat (plain)	0.05g (green)	0.7g (green)

### The 'not so unhealthy breakfast cereals

Other breakfast cereals available, whose nutritional values are in 'medium' amounts:

Product Name	Salt content per 100g	Sugar content per 100g
Kellogs Corn Flakes	1.3g (amber)	8.0g (amber)
Rice Krispies	1.15g (amber)	10g (amber)
Nestle chocolate Cheerios	0.47g (amber)	13.4g (amber)
Shreddies	0.76g (amber)	14.9g (amber)
Special K	1g (amber)	17g (amber)
All Bran	1.15g (amber)	18g (amber)
Rice Krispies Multi Grain	0.4g (amber)	18g (amber)
Special K red berry	0.95g (amber)	19g (amber)
Cheerios	1g (amber)	20.8g (amber)
Bran Flakes	1.25g (amber)	22g (amber)
Quaker Oats (Golden Syrup)	0.5g (amber)	21.5g (amber)

### **The unhealthiest breakfast cereals Marketed at Children**

Using the recommended figures amounts provided by the Food Standards Agency, the Consumers association classified cereals in the following way (nutritional values which are in excess of the recommended amounts are highlighted in red):

<b>Product Name</b>	<b>Salt content per 100g</b>	<b>Sugar content per 100g</b>
Alpen	0.28g (green)	23.1g (red)
Nestle Clusters	1.05g (amber)	23.6g (red)
Fruit n' Fibre	1.15g (amber)	24g (red)
Nestle Golden Nuggets	0.75g (amber)	25g (red)
Nestle Cookie Crisp	0.84g (amber)	24.2g (red)
Nestle Nesquik	0.52g (amber)	25.2g (red)
Nestle Honey Shreddies	0.64g (amber)	26.9g (red)
Nestle Oats and More	0.7g (amber)	29.5g (red)
Kelloggs Krave Milk Chocolate	1.3g (amber)	30g (red)
Sugar Puffs	0.1g (green)	31g (red)
Kelloggs Crunchy Nut Clusters chocolate	0.84g (amber)	31g (red)
Crunchy Nut	0.9g (amber)	35g (red)
Kellogs Coco Pops	0.75g (amber)	35g (red)
Kellogs Frosties	0.9g (amber)	37g (red)

### **What is a portion of breakfast cereal? (5 - 10 minutes)**

**Aim to highlight to group what constitutes a portion of breakfast cereal?**

- Invite a participant to pour out into a plastic bowl what they think is a portion of cereal. Use a variety of different cereals and bowl sizes.
- Community Facilitator then demonstrates what a portion really looks like. Demonstrate a 30g portion of cereal with 125ml of semi-skimmed milk. A visual equivalent would be an adults 'fist' size portion. Allow group to comment on whether they thought their portion was bigger or smaller than that illustrated by the Community Facilitator.
- Emphasize to group that it is the fat content that varies amongst the different varieties of milk.

➤ For information to aid discussion:

- Whole milk contains 4g/100ml or 4% fat
- Semi skimmed milk contains 1.7g/100ml or 1.7% fat
- 1% fat milk contains 1g/100ml
- Skimmed milk contains 0.3g/100ml or 0.3% fat.

Highlight that semi-skimmed milk is still a rich source of calcium, which is essential for the healthy growth and maintenance of teeth and bones. Explain that a 200ml glass of semi-skimmed milk can provide a 6 year old child with over half (55%) of his or her calcium requirement and can provide an adult (19-64years) with over a third (35%) of his or her daily calcium requirement.

➤ Mention to group that alternative options to milk or in addition to milk that can be added to cereal:

1. Fresh fruit e.g. sliced banana or handful of berries can be added, helps towards 5 A-Day. If you dislike milk alternatively use fruit juice. Adding fruit juice and sliced fruit counts towards 2 of your 5 A Day.
2. Tinned fruit in natural juice and NOT syrup can be added instead of milk- Adding fruit also help towards 5 A-Day.
3. Natural yoghurt or fruit yoghurt- REMEMBER to check the sugar content of yoghurt.
4. If adding sugar try to replace with artificial sweetener but remember better not to take it at all so try to cut back aiming to cut out altogether.

**Recap food safety and hygiene in the kitchen (5 minutes)**

**At cooking stations- cooking, tasting and tidying up. (1 hour 10 minutes)**

**Aim to highlight the health benefits from healthy cooking methods.**

Emphasize to the participants that changing the way you cook food can greatly reduce the fat content of that meal. Highlight that using cooking methods such as grilling, steaming, poaching, microwaving and oven baking instead of shallow frying, deep-frying or roasting with fat greatly reduced the amount of fat eaten.

Ask participants to prepare:

1. Quick n easy breakfast option

Prepare either a porridge option or fruit salad with low fat yoghurt. This breakfast option should be highlighted as a 'quick week day' or 'on the move' breakfast:

Porridge- microwavable as an option. Add few raisins or sultanas that will increase the sweetness and do not add salt.

2. Healthier cooked breakfast

- Using ingredients provided ask participants to prepare a 'healthy grilled breakfast'. Highlight that healthy cooking methods improve the calorie and fat content. However this breakfast option should only be consumed occasionally perhaps at weekend.
- Request participants to try preparing different egg options e.g. scrambled egg poached egg. Encourage good cooking practises & healthier options.
- 'Healthier' grilled breakfast- bacon (advice remove excess fat), low fat sausage beans, egg tomatoes and mushrooms. Request that half group prepare scrambled egg and half prepare a poached egg. Encourage good cooking practises & healthier options.

- Highlight to participants difference in fat content of a traditional Scottish fried breakfast against healthier Scottish breakfast (see table below). (Illustrating fat content in grams of lard is a good visual cue!)

	Energy Content	Fat Content
Scottish Fried Breakfast e.g. 3 slices bacon, 2 lorne sausages, one egg (fried), beans, haggis, tomato & mushrooms, one slice toast with butter and lard for frying	1245 kcals	33.2g
Healthier 'Scottish breakfast' e.g. 1 low fat sausage, one egg (poached), beans, veggie haggis, tomatoes & mushrooms (grilled), potato scone (toasted), one slice toast with margarine	593 kcals	7.2g

**Bringing group together and close with discussion of how they felt this week went.**

**Discuss 'What cereals the group use at home?' (5 minutes, if time permits)**

**Food Preparation at cooking stations : (30 minutes)**

- Ask the group to break up into smaller working groups or into each family. Using ingredients provided ask all group members to prepare a 'healthy grilled breakfast'. Highlight that healthy cooking methods improve the calorie and fat content. However this breakfast option should only be consumed occasionally perhaps at weekend. Request that half group prepare scrambled egg and half prepare a poached egg. Encourage good cooking practises & healthier options.
- In addition ask half the group to prepare a porridge option and half group to prepare a fruit salad with low fat yoghurt. This breakfast option should be highlighted as a 'quick week day' or 'on the move' breakfast:
  1. Porridge- microwavable as an option. Add few raisins or sultanas.
  2. 'Healthier' grilled breakfast- bacon (advice remove excess fat), low fat sausage beans, egg tomatoes and mushrooms. Request that half group prepare scrambled egg and half prepare a poached egg. Encourage good cooking practises & healthier options.
  3. Fruit salad with low fat yogurt.

**Bringing group together and close with discussion of how they felt this week went.**

**Extension/take-home**

Ask group to look at what breakfast cereals are in their cupboards and work out if they are the recommended variety.