



## Healthy Eating and Exercise

# The Breakfast Games Resource Pack

Fun activities for your breakfast club or school

The Breakfast Games educational activity links the most important meal of the day, breakfast, to exercise with fun activities for children.

The Breakfast Games resource pack includes:

- Information on how to set up the Breakfast Games
- Rules and logistics on how to run the Breakfast Games
- Templates to incorporate into the activity
- Breakfast and healthy eating topics for discussion
- Ideas for supporting activities

### What you'll need

To set up the Breakfast Games you will need the following:

- A venue such as a sports hall or playground
- Tape measure
- Stopwatch
- Oat sacks
- Hoops
- Team bibs
- Plastic plate or tray
- Templates (provided at the back of this pack which can be prepared in advance)
- Awards (optional)

Also ensure that the children have appropriate physical activity clothing.



### How to run the Breakfast Games

The Breakfast Games include four different races, all of which relate to breakfast foods:

1. The Oat Sack Race
2. The Egg and Spoon Race
3. Toss the Toast Challenge
4. The Breakfast Relay Race

Details of how to run each of the Breakfast Games activities can be found in this pack. Race instructions have been designed for children aged 7-8, but can be adapted for those aged 5-6.

## RACE 1 – The Oat Sack Race

**Teams:** 4 teams of 4-8 children

**Equipment:** Sacks (x4), mats (if no carpeted surface)

**Length of race:** 10 metres (children aged 7-8) or 5 metres (children aged 5-6)

**Race time:** Approx. 3 minutes

How to play:

- Lay the mats on the ground to avoid pupils slipping or race on a carpeted surface.
- One child from each team hops in an oat sack for 5 metres, turns around and hops 5 metres back again before passing the sack to the next child.
- Repeat until every child has had a turn.
- The first team to finish and sit as a team is declared the winner.



## RACE 2 – The Egg and Spoon Race

**Teams:** 4 teams of 4-8 children

**Equipment:** Large spoons (x4), eggs/tennis balls/ping pong balls (x4)

**Length of race:** 10 metres (children aged 7-8) or 5 metres (children aged 5-6)

**Race time:** Approx. 4 minutes

How to play:

- The first child must walk 5 metres whilst balancing the 'egg' on the spoon and then sit down on a bench, stand up again and then walk back 5 metres back.
- Child then passes the spoon to the next member of the team who repeats until the whole team has had a turn.
- The first team to finish and sit as a team is declared the winner.



## RACE 3 – Toss the Toast Challenge

**Teams:** 4 teams of 4-8 children

**Equipment:** Template\* of toast card, 12 hoops (\*found at back of this pack)

**Race time:** Approx. 5 minutes

- Hoops should be laid out at different distances from the children – the first hoop should be placed one metre from the throwing line.
- Each child attempts to throw the toast into a hoop.
- Children are awarded points depending on which hoop the toast lands in – more points are awarded for hoops further away – 10, 15 and 20 points respectively.
- Repeat until each child has had two turns.
- The first team to finish and sit as a team is declared the winner.



## RACE 4 – Breakfast Relay Race

**Teams:** 4 teams of 4-8 children

**Equipment:** Large plate or tray, 12 hoops, ball, template\* of toast / cereal / glass of milk / apple / cooked breakfast (\*found at back of this pack – can be laminated if preferred)

**Length of race:** 10 metres (children aged 7-8) or 5 metres (children aged 5-6)

**Race time:** Approx. 3 minutes

- Tray / plate is placed 10 metres from the children.
- One child from each team throws a ball in the air, goes through three hoops laid on the floor, selects a breakfast item and runs 5 metres to the tray/plate and places the item (own obstacle course can be devised). The child then returns to the start.
- The next child then selects another breakfast item and places on the tray and repeat until every child has had a turn.
- The first team to finish and sit as a team is declared the winner.



## Breakfast and Healthy Eating Talk

To start the activity you could begin by talking about breakfast and explaining the Breakfast Games that the children will be taking part in. Below are some other areas that could be discussed:

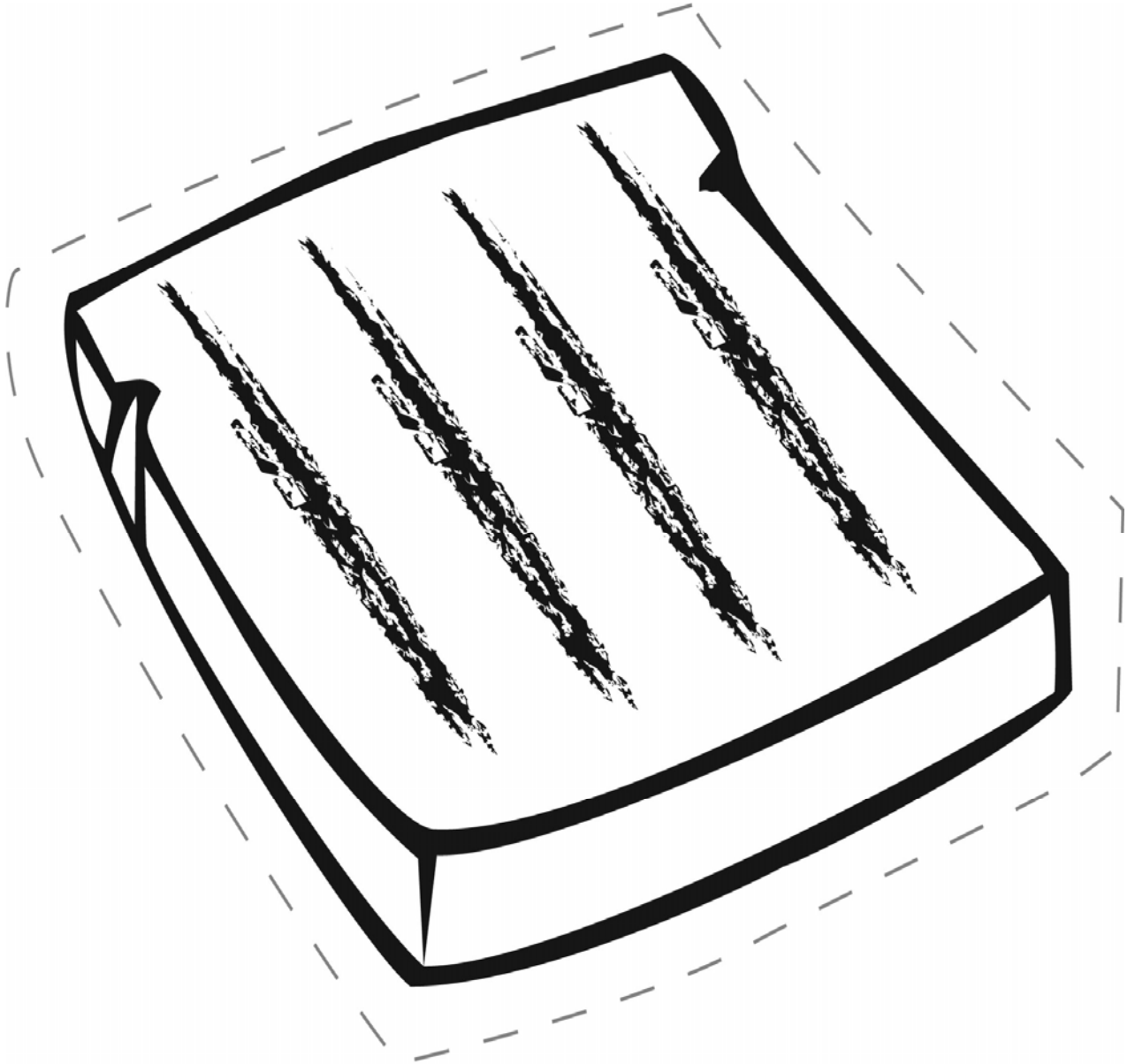
- Explain what breakfast means – e.g. breakfast literally means breaking the fast. Overnight our energy stores are used up, so eating breakfast will top up energy that has been used whilst sleeping and give us the fuel we need to start the day. Ask the children what time they ate their evening meal and what time they ate breakfast to work out how long it is between the two meal times.
- Discuss with the children why breakfast is important – include the Balance of Good Health and cognitive function. Dietitians and nutritionists agree that breakfast is essential for starting the day healthily. It can boost concentration and mental performance as well as reducing stress levels. Eating breakfast also kick starts the metabolism and helps with weight control as it reduces cravings for mid-morning snacks.
- Describe why our body needs energy, incorporating eating habits and activity levels to create an energy balance.
- Discuss what the children had for breakfast, including healthy suggestions i.e. porridge with delicious toppings.
- Explain where regional breakfast foods come from e.g. oats that make porridge are mainly grown in Scotland. You could expand upon the field to plate message with reference to cereals, milk, sausages and bacon.

## Supporting Activities

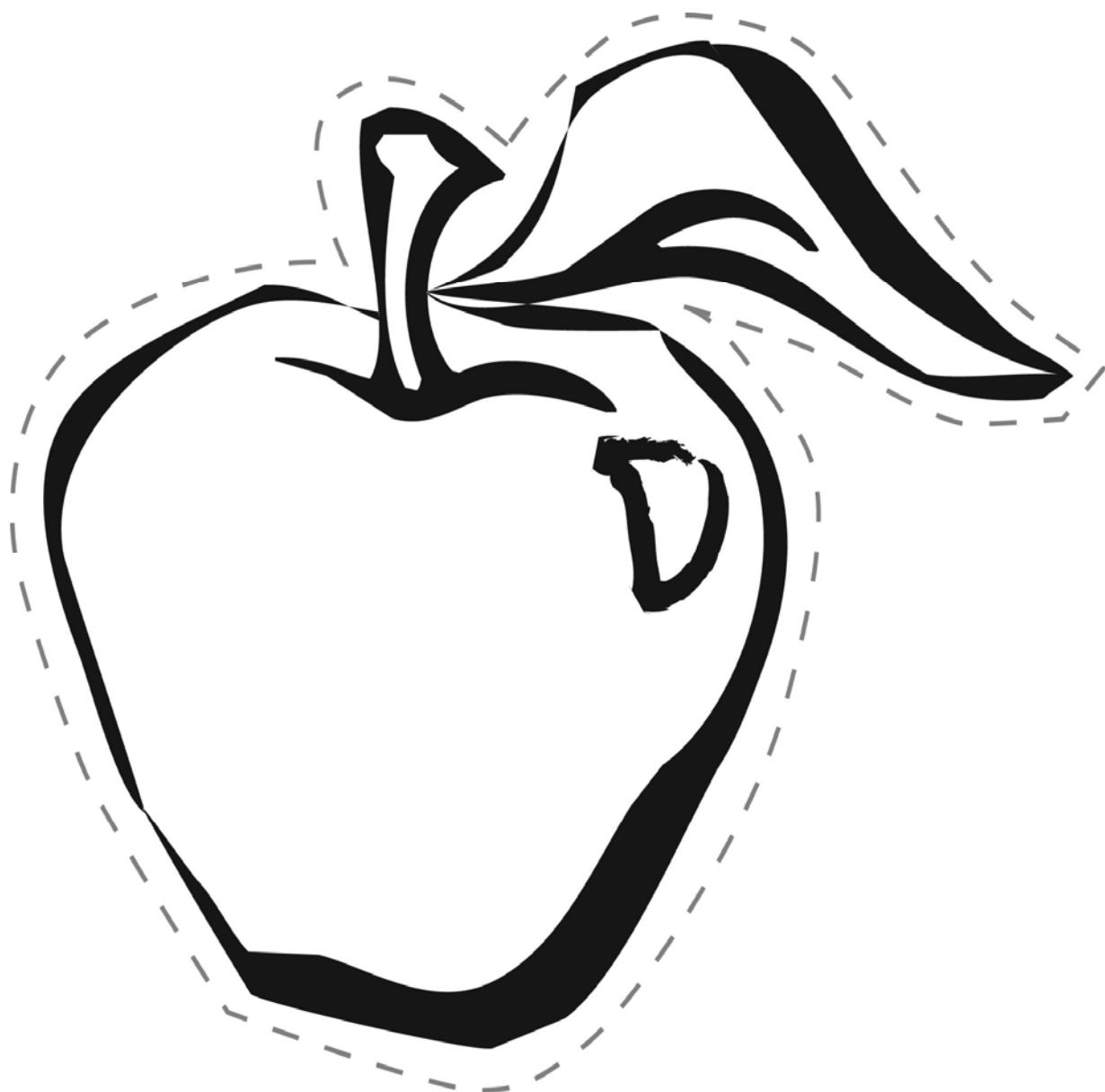
- Incorporate a breakfast cooking demonstration into the day's activities e.g. smoothies and porridge with various toppings for the children to try.
- Encourage the children to keep a food diary – measuring energy input and calculating their average energy balance. A day for the younger children and a week for the older children.



## Toss the Toast template



**Apple (Breakfast Relay)**

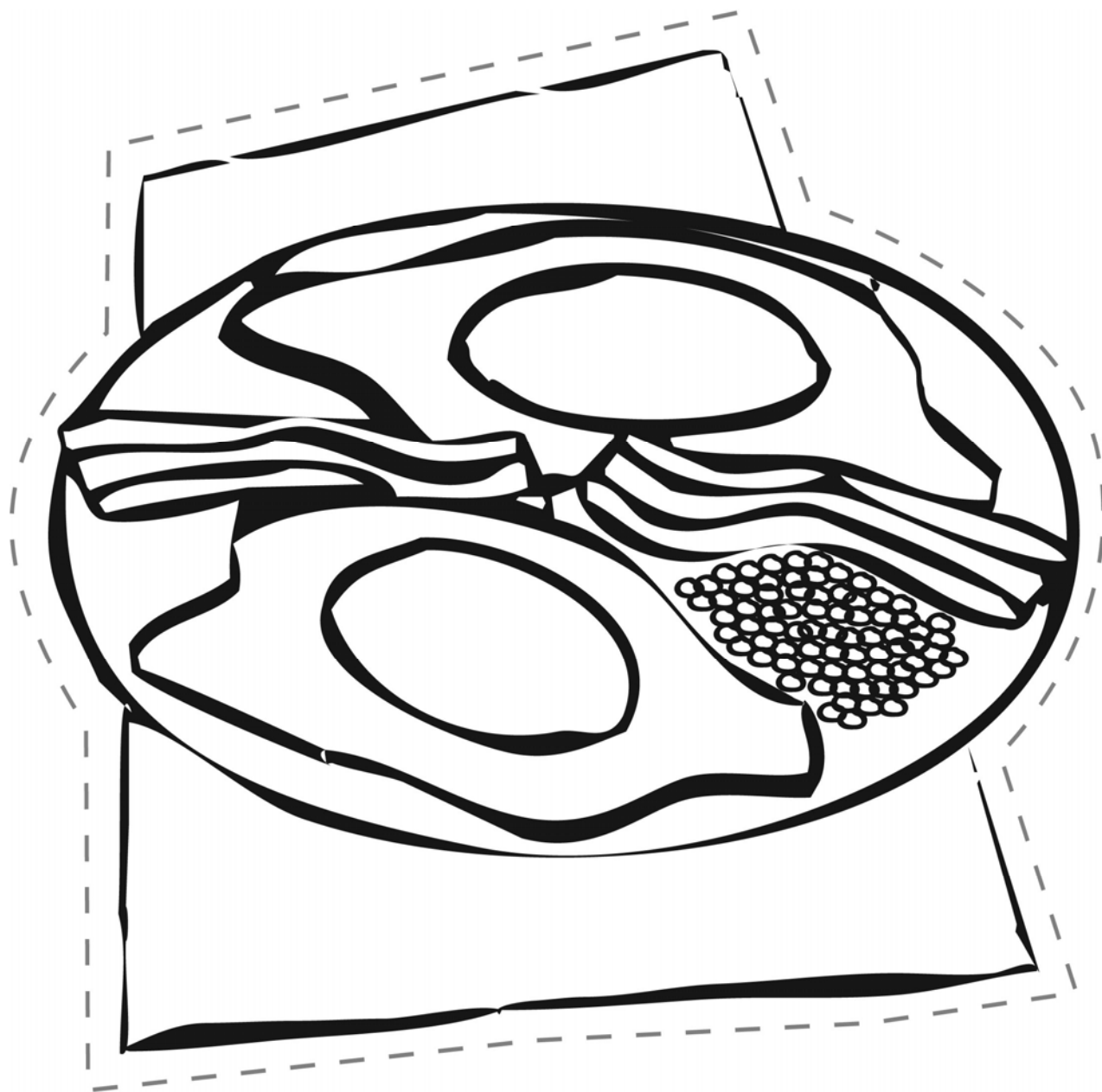


Bowl of cereal (Breakfast Relay)



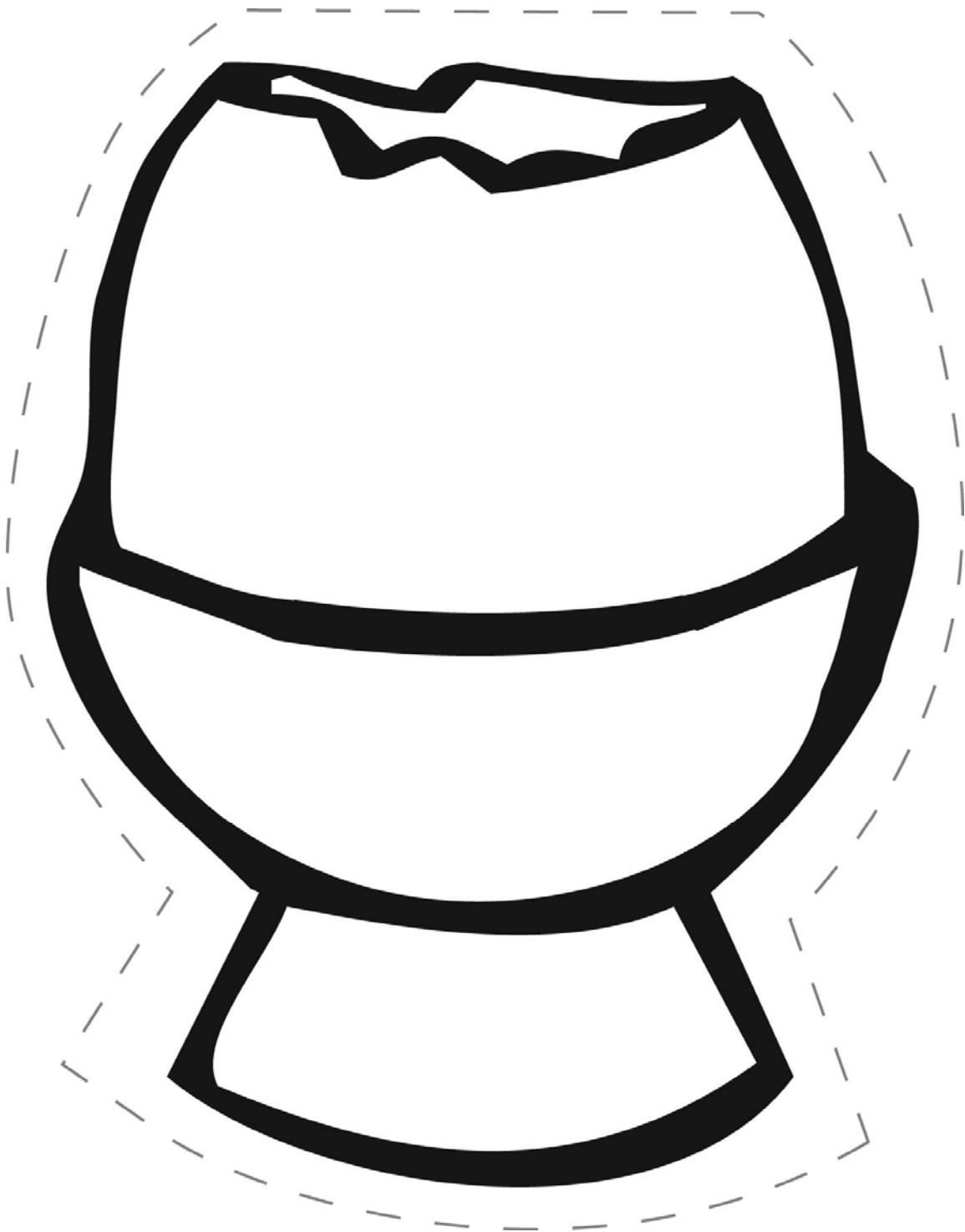


English Breakfast (Breakfast Relay)

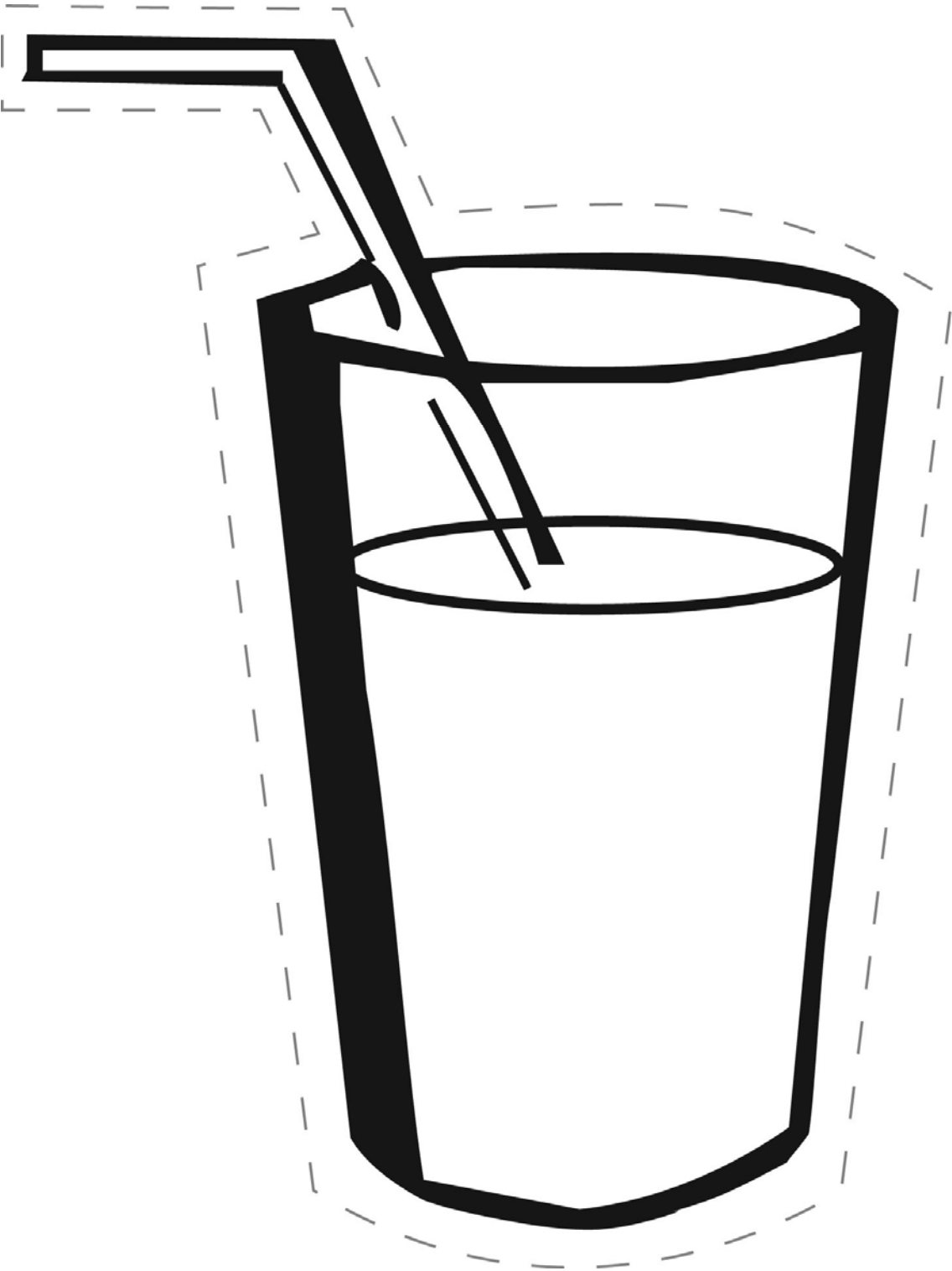




Egg (Breakfast Relay)



Milk (Breakfast Relay)



## Toast (Breakfast Relay)

