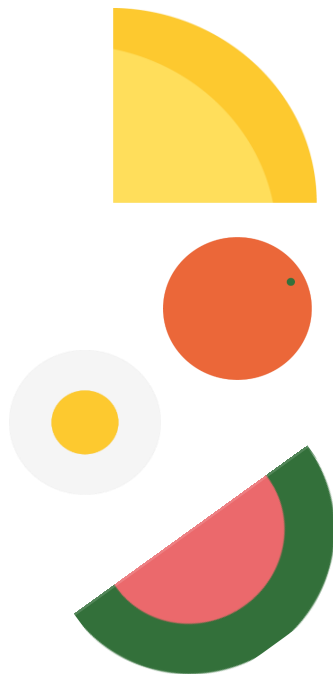


Guide | National Schools Breakfast Week



What's it all about?

National Schools Breakfast Week, 9 - 13 September 2024, is about celebrating the importance of breakfast.

Healthy breakfasts can help children get the nutrients they need for growth and development, reduce hunger and support learning, especially for the most vulnerable.

In 2023, the British Nutrition Foundation, in partnership with the charity Magic Breakfast, published a [review](#) on the importance of breakfast for health and educational attainment in school-aged children.

The most important findings for the education sector, included the following key messages:

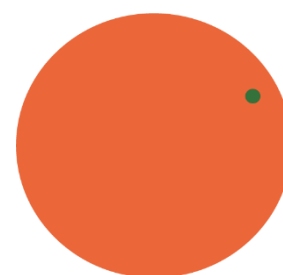
- Skipping breakfast is widespread in school-aged children. It is higher in teenagers, especially girls, and children from low-income households.
- Regularly missing out on breakfast can make it harder for children to get enough of the nutrients they need to be healthy and to learn.
- Free school breakfast provision could help reduce hunger and may help to address educational inequalities for the most vulnerable young people.
- Breakfast provision should be part of a whole school approach to healthy eating.

Help raise awareness of the importance of breakfast by celebrating National Breakfast Week in your school or setting. Read on to find out how!

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How to get involved in National Schools Breakfast Week

1. Plan to provide a whole school breakfast on some or all of the days of National Breakfast Week. You could invite parents too!
2. Ask your caterers to provide the breakfasts or plan to hold individual class breakfasts. Take a look at the next page of this guide for ideas.
3. Let your whole community know about your breakfast plans – staff, caterers, pupils, and parents/carers. Share the breakfast factsheet ([primary](#) or [secondary](#)) with parents/carers.
4. Display the [National Schools Breakfast Week poster](#).
5. Hold a whole school or class assembly to talk about the importance of breakfast and what a healthy breakfast should include. Use the [National School Breakfast Week presentation](#) to help.
6. Encourage pupils to complete the [Breakfast record](#) during the Week.
7. Share these breakfast recipes with pupils and parents/carers:
 - [Awesome overnight oats](#)
 - [Bran filled breakfast pancakes](#)
 - [Easy veg frittatas](#)
8. Run some breakfast awareness activities in class
 - [Tasty toast session](#) – idea for young primary aged children. Includes the [Breakfast pairs game](#) (instructions available in the *Tasty toast session plan*).
 - [Breakfast discussion cards](#) – a set of reasons given by young people for not having breakfast, for discussion with pupils.
 - [Breakfast cards](#) – images of breakfast items and activity suggestions.
 - Make the breakfast recipes (listed above) or find others by searching the *Food – a fact of life* [recipe area](#).
9. Use our [Communications pack](#) to spread the word about your activities and the importance of breakfast.
10. Share photos of your breakfast events and activities on your social media channels and tag us @NutritionOrgUK and use #BreakfastWeek.



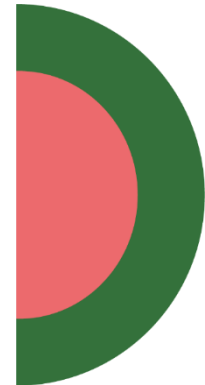
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What could we serve for breakfast?

A healthier breakfast should include:

- ✓ a drink, e.g. water, milk
- ✓ a starchy wholegrain food, e.g. wholemeal toast, wholegrain cereal
- ✓ fruit or vegetables, e.g. a banana, berries, sliced tomato
- ✓ protein and/or dairy foods, e.g. beans, egg, yogurt, soft cheese

Here are some ideas for what you could provide.



Pick and mix cereal station

Starchy wholegrain	Fruit (dried)	Fruit (fresh)	Dairy
Bran flakes Porridge oats (dry) Wheat biscuits	Sultanas Cranberries Dried apricots (chopped)	Banana Blueberries Strawberries	Milk (Semi-skimmed) Natural yogurt (low fat) Greek-style yogurt (low fat)

Or, you could make a batch of porridge and offer the same fruit toppings as above.

Hot breakfast bar

Starchy wholegrain	Vegetables /Fruit	Protein	Dairy
Toasted bagel Wholemeal toast Wholegrain bread roll	Mushrooms (cooked) Tomatoes (sliced) Banana (sliced)	Baked beans Boiled eggs	Soft cheese (reduced fat) Cheese, sliced or grated (reduced fat)

Or, you could serve wedges of cheese omelette in wholemeal bread rolls.

Why not offer a fruit salad or melon platter as part of your breakfast?

Fruit salad suggestion: Mix canned pineapple chunks, mandarins and peaches (in juice, not syrup), with chopped apple and sliced grapes. Serve with natural or Greek-style yogurt (low fat).

How about breakfast in a bag?

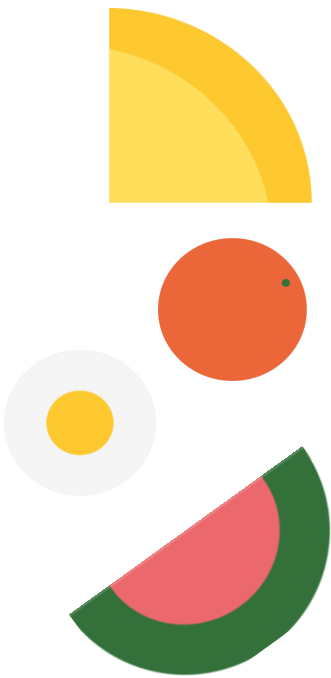
Great as a *grab and go* option, or for an 'in the classroom' breakfast? Pop the following in a paper bag:

- Wholemeal bread roll filled with cheese, soft cheese or sliced boiled egg
- Piece of fruit, e.g. banana, apple, peach
- Small carton of milk or orange juice*

*Note: children are advised to limit their intake of fruit juice to 150ml per day and not all school food regulations permit its inclusion. Check local guidance.

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Further information



[Good Breakfast Guide](#) - provides information on the nutrients in healthy breakfasts, key food groups to include and examples of healthy breakfasts for children and young people.

For more information about the findings of the British Nutrition Foundation report on the importance of breakfast for school-aged children go to:

<https://www.nutrition.org.uk/news/the-importance-of-breakfast-for-school-children/>

Take a look at the information on the *Food – a fact of life* website about breakfast clubs:

<https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/breakfast-clubs/>