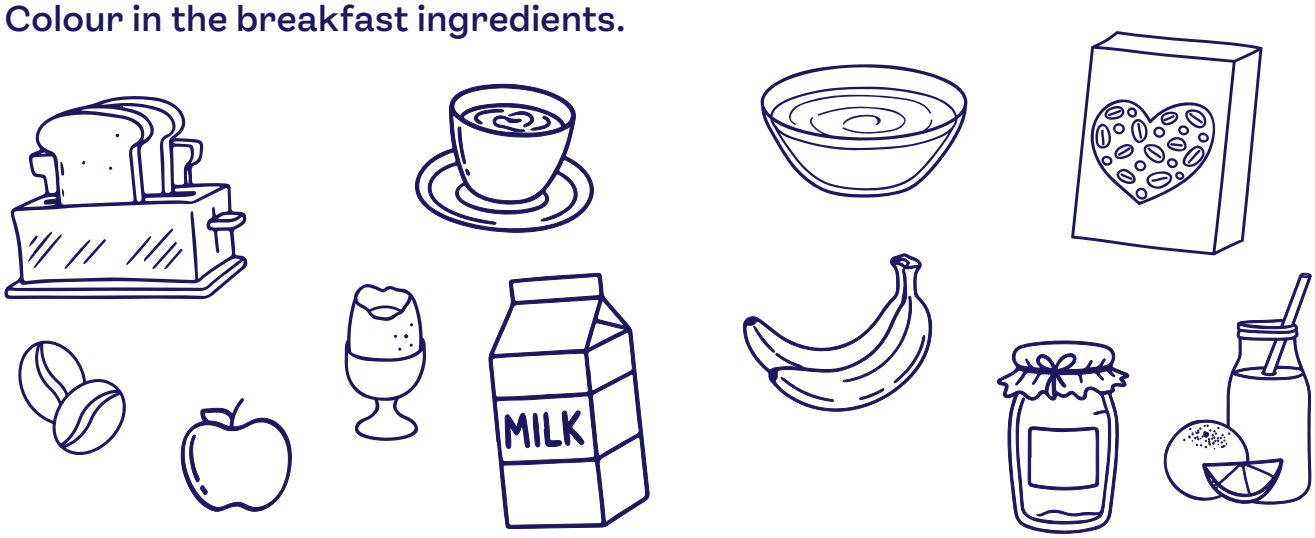
Brilliant Breakfasts!

Colour in the breakfast ingredients.



Imagine you're a nutritionist for an Olympian – which of these would you recommend they have for breakfast to help fuel their bodies for a big competition? You could draw, write or make a collage from the images.

A nutritionist is someone who gives advice about food and diet

OLYMPIC DAY

DELIVERED BY TEAM GB | IN PARTNERSHIP WITH the Daily Mile, junior parkrun | SUPPORTED BY QUAKER

Olympic Day
Daily Mile
Brilliant Breakfast

Olympic Wordsearch

P	A	S	W	I	M	M	I	N	G	E	Q	Z	P	J	Y	J	U
X	D	I	V	I	N	G	H	R	E	S	P	E	C	T	N	I	C
J	T	N	S	K	A	T	E	B	O	A	R	D	I	N	G	D	S
M	N	J	A	V	E	L	I	N	S	S	P	O	R	T	H	E	T
A	F	R	I	E	N	D	S	H	I	P	Q	W	H	W	M	U	R
R	Y	R	R	D	R	E	S	I	L	I	E	N	C	E	E	Q	E
A	T	H	L	E	T	E	P	D	O	L	Y	M	P	I	C	S	N
T	I	A	T	H	L	E	T	I	C	S	B	H	K	U	B	R	G
H	K	W	B	D	Z	U	F	L	R	R	U	N	N	I	N	G	T
O	X	M	W	H	U	R	D	L	E	S	P	M	B	W	W	U	H
N	Q	W	E	T	L	D	M	O	V	E	M	E	N	T	T	X	O
R	U	E	X	C	E	L	L	E	N	C	E	F	L	K	F	X	J

Olympics
Strength
Resilience
Friendship
Respect
Excellence
Movement
Athletics
Sport
Swimming
Running
Archery
Cycling
Athlete
Skateboarding
Diving
Javelin
Sailing
Tennis

Create a brand-new event for the Olympics and describe or draw it here. It could be off road extreme scooting, football on horseback, or a marathon obstacle course. Get creative!

Brilliant Breakfasts Quiz

Circle or tick the answer you think is correct.

1 What is haselslag?

a) A popular breakfast from the Netherlands consisting of flavoured sprinkles on toast.

b) A traditional Scottish breakfast of deep-fried slugs.

c) Brazilian dish that is served on a giant leaf.

2 What are grits?

a) A special type of breakfast cheese made from cat's milk, spread on crusty bread.

b) Potatoes and anchovies baked together with chocolate sauce.

c) A type of porridge made from cornmeal, which originated in Native American tribes, sometimes served with shrimp.

3 What is Bsissa?

a) An ice-cream breakfast from Greenland that is coconut and bacon flavoured.

b) A powder used to make breakfast in North Africa, which is so high in nutrients it's considered a superfood.

c) A type of enormous eagle, which eats beetles for breakfast.

Which of these breakfasts would you most like to try and why?

Answers: 1. a) 2. c) 3. b)

Breakfast is Fuel!

Mo needs your help! He's got a big race, and he knows he needs to have a healthy and balanced breakfast.

But he can't remember what toppings are nutritious, so he needs you to make his breakfast for him. Draw a line or cut out and stick the ingredients Mo should use on his porridge for a healthy breakfast.



Milk

If Mo makes his porridge with **milk**, he'll add **protein**, which helps repair muscle and bone.



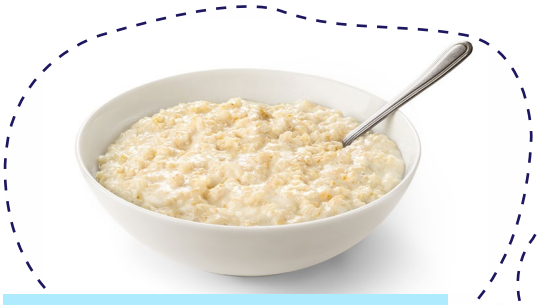
Blueberries

Blueberries are full of **vitamin C** and are good for Mo's heart and brain.



Cookie

A chocolate cookie has lots of **sugar**, which will give Mo a short-term energy boost.



Porridge

Porridge is made from oats, and is a **carbohydrate**. This will give Mo energy that will be released slowly throughout the day.



Seeds

Seeds like these are full of **protein** and **iron**, and will give Mo lots of energy.



Water

If Mo makes his porridge with **water**, it will be hydrating, but not as filling as if he makes it with milk.



Banana

Bananas contain **carbohydrate** and **electrolytes** which help prevent muscle cramps.



Jam

Jam, while made from fruit, is very high in **sugar** and low in nutrients.

Why might Mo not do as well in his race if he skips breakfast?

