

## Information for teachers

Before giving the children the activities 'breakfast word search' and 'healthy breakfast words' and 'breakfast word scramble' discuss the meaning of the words.

Here are some ideas to help in this discussion.

Apple	All types of fruit are good choices to include in a healthy eating plan. Choose ones that you can afford. If all fruit is expensive then you can eat extra vegetables. Apples can be eaten fresh or dried and may be used in cooking.
Banana	Bananas are a tropical fruit that means they grow in areas that are hot and humid. They are usually eaten raw, but can be used in baking (banana bread) or in making puddings.
Beans	Beans are a type of plant called pulses or legumes. They have more protein than other foods from plants, and also supply starch, fibre, vitamins and minerals. Eating beans helps digestion, help keep the blood and heart healthy and helps to build muscle. Eating beans often helps the body to digest them easily. Growing beans in your garden helps improve the quality of the soil.
Bread	Brown bread is a better choice than white bread because it costs less and has more fibre (roughage). Brown and white bread are both fortified with extra vitamins and minerals, so help people to get all the nutrients that they need. VAT is not added to brown bread.
Breakfast	This is the name given to the first meal of the day, some people describe it as food eaten in the morning.
Cereal	This word has two meanings. One is a kind of food – also called breakfast cereal. These commercially produced products are sold in packages, and are often well advertised. Some have added vitamins and minerals, but many have a lot of added sugar and little fibre. This type of cereal is not a good choice of food to eat often. The second use of the word is the group name for a kind of plant. Cereals are the edible part of the grain such as maize, oats, rice and wheat. (See also whole grain)
Cheese	Cheese is made from milk of a cow, a goat or other mammal. The milk is processed and separates into curds and whey. The curds are used to make the cheese. The rhyme "little Miss Muffat sat on a tuffet eating her curds and whey", refers to these parts of milk before they are used for cheese.
Eggs	Eggs that are used for food usually come from chickens. In some parts of the world people get eggs from ducks or geese. An ostrich egg provides enough food for more than 20 people. Eggs are a convenient way to get a lot of goodness, they are easy to cook and hens' eggs come in convenient portion sizes.
Energy	The food people eat is used to build the body or to provide energy. Most of the energy from an eating plan comes from the starchy foods. If a person has too much energy, for a long time they will gain weight when the energy is stored as fat.

Fruit	Fruit is a type of food that is grown on a plant, it usually has seeds and if planted will grow into a new fruit plant (a tree or a vine). The food we call fruit is usually sweet tasting. It is good to have fruit to eat everyday, or when it is not available to eat extra vegetables. It is better to eat fruit than to drink fruit juice because the juice has the fibre removed and so it is not as healthy as whole fruit.
Leftovers	Leftover food is the food that is not eaten at a meal, if it is stored in safe conditions it can be eaten for another meal.
Margarine	Margarine is made from oils from plants, such as sunflower seeds.
Milk	In South Africa most milk comes from cows, but people in different parts of the world also use milk from goats, buffalo and even camels.
Muffin	A muffin is a small soft cake, it is not as sweet as fairy cakes.
Orange	Oranges are called citrus fruit. They are usually available in winter. Like all kinds of fruit eating oranges is good for health. They are an economical choice of fruit when in season, and should be eaten by all family members.
Peanut butter	Peanut butter is made from peanuts, in some countries peanuts are called ground nuts. This is because they grow under the ground. Peanut butter can be eaten on bread, stirred into porridge and it can also be enjoyed with spinach. The oil in peanuts is a healthy kind that is good to include in a person's eating plan.
Porridge	Porridge is a dish that is cooked from a grain food, with added water or milk. The grains used to make porridge in South Africa are maize, sorghum and oats. Maize meal is fortified by law (see bread for information).
Protein	Protein is one of the three macronutrients that people need to live. The other two are carbohydrates and fat (oil). Protein is used to build and repair body tissues, if people eat more protein than they need the extra is turned to energy.
Toast	Toast is sliced bread that is browned by exposing it to radiant heat, such as in a toaster or in front of a fire.
Water	Drinking lots of clean safe water is essential for life. Everyone should drink water with meals and during the day. It is better to have water than sugary drinks like fruit juice or cold drinks.
Wholegrain	(See information on cereals.) The grains that are commonly eaten in South Africa include maize, wheat, rice and oats. These foods are a better source of nutrients when they are eaten as wholegrains or are only minimally processed. When parts of the grain are removed through refining the food has less nutrients and is not as healthy.
Yoghurt	Yoghurt is produced from milk by fermentation by good bacteria. Some types of yoghurt have a lot of added sugar, they are not good choices for regular use.

