

MY HEALTHY BREAKFAST RECIPE

Task: After watching the video from Mr Lowndes and cooking your omelette, it is your turn to create your own recipe for a healthy breakfast. Your challenge is to use items in your fridge or pantry to create and cook a healthy breakfast with your parent or caregiver. Please record your recipe in the template below



INGREDIENTS

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METHOD

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Task: After creating your own healthy breakfast recipe, answer the following questions to demonstrate your understanding of healthy eating.

Question 1: Using the picture on the bottom of the page to help you identify each of the five food groups you used in your healthy breakfast recipe. Record your answers in this box.

Question 2: How did you feel preparing and eating a healthy breakfast with your family? Do you enjoy learning to cook in the kitchen? Record your answers in this box.

Question 3: Brainstorm a list of other healthy recipes you may like to cook with your family in this box.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Use small amounts



Only sometimes and in small amounts

