



Click on the link to watch a video about traditional breakfasts from around the world. Using the Healthy Eating Information, try to decide which breakfasts are the healthiest.

Why do you think some are more nutritious than others?

Could you add or swap some of the ingredients to make them more healthy?

What do you like to have for breakfast?

You can note down your ideas or simply talk about them with someone at home.

<https://www.youtube.com/watch?v=ry1E1uzPSU0>