

Session 2

Tasty toast

Session overview:

The aim of this session is to reinforce the importance of having something healthy to eat and drink everyday for breakfast. The main activity, 'Have a go', involves selecting and adding a topping to toast. Children will taste different toppings, choose their favourite and prepare their own toast with the topping. They will re-cap on how to get ready to cook and explore equipment vocabulary.



Healthy eating messages	Cooking focus
Eat breakfast everyday. Toast is a healthy filling breakfast.	Taste toast toppings. Choose toppings. Use a knife to spread. Arrange a fruit or vegetable topping.

Listen and respond

Prepare the ingredients and equipment needed to make toast. What you will need is listed on the Tasty toast recipe.

Re-cap on messages from session 1 by questioning the children:

- What is breakfast?
- Why do we need to eat and drink at breakfast time? (To wake up our bodies so we can think and play.)
- How often do we need to eat breakfast? (Everyday.)

Explain that toast is a good, healthy breakfast choice because it helps keep us feeling full so we can work and play.

Explain that we will be looking at how to make toast and then tasting different foods we can put on toast. They will prepare a toast breakfast for themselves and their favourite toy. Can the children name any foods they would put on toast?

Re-cap on how we get ready to cook. You could ask a child to model what has to be done, as for session 1.

Show each piece of equipment and ask the children what each piece is called and what it does, e.g. knife – spreads and cuts, plate – holds food.

Demonstrate how to make toast. Highlight safety points:

- Toasters should be used by older children and adults only because they get very hot and use electricity.
- When the toast has popped up it should be left for a while before it is removed to allow it to cool slightly. Tongs can be used to remove the toast.
- Nothing should ever be poked into the toaster because it is electrical.

When the toast is ready, place it on the chopping board. Show children the toppings available (see the recipe for ideas). Question them:

- What is this topping called?
- Who has tried it before?
- What does it taste like?

Demonstrate how to spread a topping on the toast evenly and safely. Show how you might add some additional fruit, e.g. sliced banana.

Have a go

Organise the children into groups of 4. Ensure that the children are ready to cook safely and that the work space is clean. You may like to show children the 'Getting ready to cook cards' from session 1 to remind them what they have to do. The adult in the group should prepare two slices of toast, cut them in half and spread/arrange a different topping on each half. Each half should then be cut into small, sample sized pieces so the children can try the different toppings. See 'Tempting children to taste food' guidance in the leader's guide, page 9. Discuss the toppings with the children. Encourage them to use their senses and descriptive words to describe the tastes, e.g. cool, smooth, bitty. Provide 3 spreadable toppings, and 3 fruit or vegetables which can be used by the children to create their toast topping. See the Tasty toast recipe for ideas. Ask the children which topping they and their toy would like. The children will need to wash their hands after tasting the toast because their hands have been near their mouth.

When the children have chosen their favourite topping, help them to prepare their own toast. They could use cutters to make their toast into interesting shapes. When the toast is ready the children can invite their favourite toy to join them to eat the toast.

Consolidate

To reinforce the importance of breakfast and possible healthy options, allow the children to play the Breakfast pairs game. The game can be played with 2-4 players. Cut out and laminate the 12 cards. Shuffle, and turn them face down. Players take turns to turn over 2 cards to try and find a matching pair. If the 2 cards chosen do not match, they must be returned and placed face down. If the two cards chosen make a matching pair, they can be kept by the player. The player with the most pairs at the end is the winner.

At home

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says and enthuse them about keeping a breakfast diary with their parent/carer.

Pre 3

- Allow the children to choose different toast toppings by handling, smelling and tasting.
- Allow them to watch toppings being spread and let them have a go.

Tasty toast



Ingredients

4 slices of bread

100g soft cheese

Optional: Fruit or vegetables to add to the top, e.g. sliced banana, sliced dried apricots, chopped tomato.

Equipment

Toaster, tongs, chopping board, table knife, 4 plastic plates.

Method

1. Place the bread in the toaster and set it to toast.
2. When the bread is toasted, wait for a few moments to allow it to cool slightly and remove using the tongs.
3. Place the toast on the chopping board.
4. Use the knife to spread the soft cheese onto the toast.
5. Optional: Arrange any optional fruit or vegetables on top.
6. Cut each slice into quarters and serve on the plates.

Handy hints

- When working with 4 children, increase the amount of equipment so they can work in pairs or separately to do their spreading.
- Try different toppings such as:
 - mashed banana with a small pinch of cinnamon;
 - mashed avocado with a sprinkle of sultanas;
 - soft cheese with chopped apricots or tomatoes;
 - cottage cheese with pineapple;
 - reduced sugar jam with sliced strawberries.
- Try toasting different types of bread such as bagels, raisin bread, crumpets.

Serves 4

Breakfast pairs



Orange juice



Orange juice



Porridge and fruit



Porridge and fruit



Toast with a topping



Toast with a topping



Milk



Milk



Omelette



Omelette



Water



Water

At home

Dear parent/carer



We have been talking about how important it is to have something to eat and drink for breakfast. We have been exploring different toppings that can be added to toast. We tasted a range of toppings and added our favorite one to toast. Then we invited our favorite toy to join us for breakfast!

To encourage the children to have something healthy to eat and drink at breakfast time, please help your child fill out this breakfast diary for a week. If your child eats breakfast somewhere other than home, encourage them to tell you what they eat each day and note it down. Each day your child eats breakfast, allow them to colour in a star. At the end of the week, review the diary. Praise your child where they have had something to eat and drink for breakfast.

Day	Breakfast
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	