



St Cyres Transition Food Project

Hello Year 6! After such a brilliant response to your first task we have a second challenge for you

Prepare a healthy breakfast that will provide you with energy for returning to school!

Think about what foods you will need to keep you focused and energised, for the busy start back to school.

SHARE WITH US!

Tag - @missthenas94
@CyresTransition on
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Some Ideas:

- Egg muffins
- Porridge
- Overnight oats
- Fruit salad
- Omelette
- Pancakes
- Funky toast

Make your breakfast colourful, fun and creative!