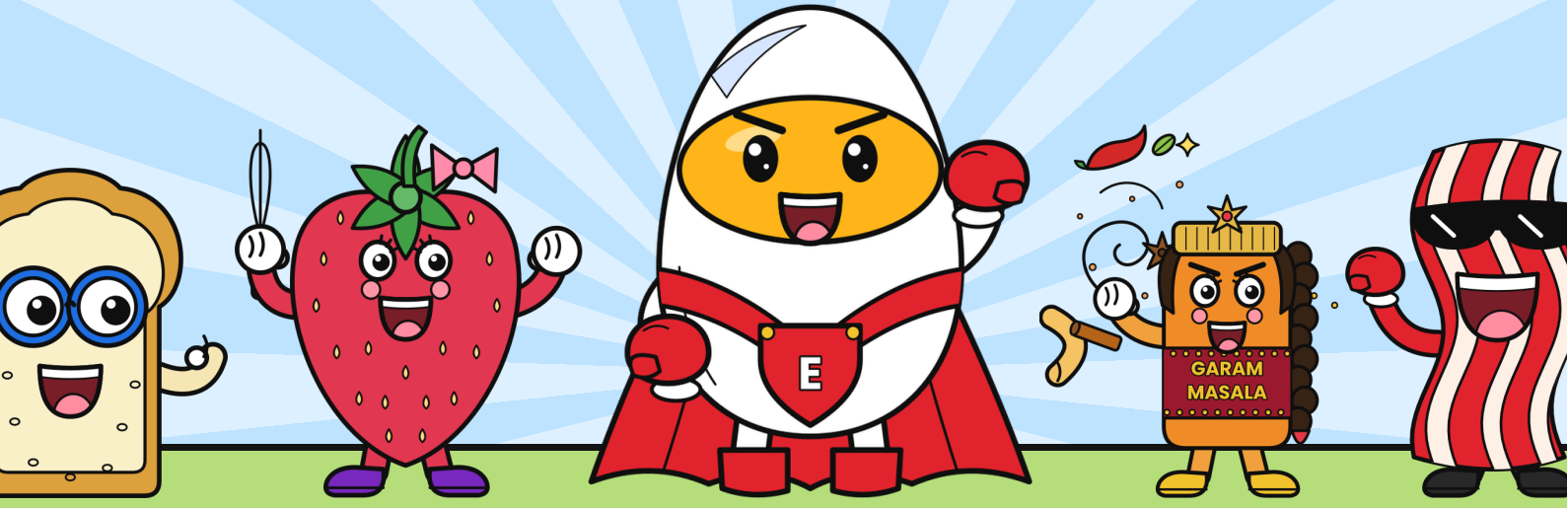
THE BARMY BREAKFAST BOYS

FREE TEACHER & BREAKFAST CLUB PACK

Healthy breakfasts. Big adventures.



Reception – Year 4 · Ages 4–9

Healthy eating · PSHE · Reading for pleasure

Lesson plan · activity sheets · colouring pages · breakfast diary · word search · poster · certificate

Welcome to Breakfast City!

How to use this pack

The Barmy Breakfast Boys are Egg-Man, Sir Sausage Soldier, Baked Bean Boy, Bacon Boss and Terry the Toast. With their friends the Lucky Lunch Ladies, they protect Breakfast City from the sugary schemes of Lord Sugar Scrunch and the Junk Food Gang.

Their big message is simple: **a balanced breakfast helps you start the day ready to learn and play**, and treats are for *after* a good meal.

This free pack turns that message into a ready-to-teach lesson and a set of fun, photocopiable activities for the classroom, breakfast club or home.

What's inside

1. Lesson plan: **Be a Breakfast Hero!** (45–60 mins)
2. Meet the Heroes: character cards
3. Activity: Everyday food or sometimes food?
4. Colouring page: Egg-Man
5. Colouring page: the Heroes line-up
6. Design your own Breakfast Hero
7. My Breakfast Diary
8. Breakfast word search
9. Breakfast club poster
10. Breakfast Hero certificate

Curriculum links (England)

- **PSHE / Health education:** healthy eating, making healthy choices and daily routines.
- **Design & Technology (KS1/KS2):** the principles of a healthy and varied diet; where food comes from.
- **Science (Year 2):** the importance of eating the right amounts of different types of food.
- **English:** reading for pleasure, discussing stories and characters, speaking and listening.

Good to know

- We talk about **"everyday foods"** and **"sometimes foods"**, never "good" or "bad" foods.
- If you add a tasting activity, check allergies and dietary needs first and follow your school's food policy.
- For background, the NHS Eatwell Guide shows the balance of food groups.

Want a visit?

The authors run assemblies and colouring workshops with the characters, the theme tune and a giant dose of breakfast fun. **Book at thebarmybreakfastboys.com**

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Lesson plan: Be a Breakfast Hero!

Reception – Year 4 · 45–60 minutes

Learning objectives

- To know that breakfast gives us energy to learn and play.
- To recognise foods that make a balanced breakfast.
- To sort foods into "everyday" and "sometimes" foods.

Success criteria

- I can name three foods for a healthy breakfast.
- I can explain why sugary snacks are "sometimes" foods.
- I can design a balanced breakfast plate.

You will need

- A Barmy Breakfast Boys book (optional) or the Meet the Heroes cards
- Copies of the "Everyday or Sometimes?" sheet, scissors and glue
- Paper plates or the "Design your own Breakfast Hero" sheet
- Colouring pencils

Key vocabulary

breakfast · energy · balanced · fruit · vegetables · wholegrain · protein · water · everyday food · sometimes food

1 Starter: Meet Breakfast City (10 mins)

Show the Meet the Heroes cards or read the opening pages of a book. Ask: *"Who had breakfast today? What did you eat? How does breakfast help you?"* Collect ideas and introduce the word **energy**.

Introduce the villain, **Lord Sugar Scrunch**, who wants pudding for every meal. Ask: *"What would happen if we ate pudding for breakfast, lunch and tea?"* (Sugar rush, then a sugar crash, then feeling tired and grumpy, just like in the story!)

2 Talk: What's on a hero's plate? (10 mins)

Explain that a balanced breakfast mixes different kinds of food:

- **Fruit or veg** (like Susan the Strawberry and Dame Dragonfruit)
- **Starchy food, ideally wholegrain** (like Terry the Toast, porridge or cereal)
- **Protein** (like Egg-Man, Baked Bean Boy or yoghurt)
- **A drink** of water or milk

Sugary snacks, fizzy drinks and sweets are **"sometimes foods"**: fine as a treat, but not the main event!

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Lesson plan (continued)

Main activity, plenary and next steps

3 Main activity: Everyday or sometimes? (15–20 mins)

Children cut out the food cards and sort them onto the two plates on the activity sheet. Encourage them to explain their choices to a partner.

Then: using the "Design your own Breakfast Hero" sheet or a paper plate, children draw a balanced breakfast with something from each group.

Adapting the activity

- **Reception / Year 1:** sort as a whole class using big pictures; children draw one favourite breakfast food.
- **Year 2:** sort independently and label each food group.
- **Years 3–4:** plan a week of breakfasts, or invent a new hero food with a "signature move" that explains why it's good for you.

4 Plenary: Breakfast Hero pledge (5–10 mins)

Share some designs. Each child finishes the sentence: *"Tomorrow I will be a Breakfast Hero by…"*. Finish with the team shout: **"GOOD FRIENDS MAKE A GREAT BREAKFAST!"**

Assessment for learning

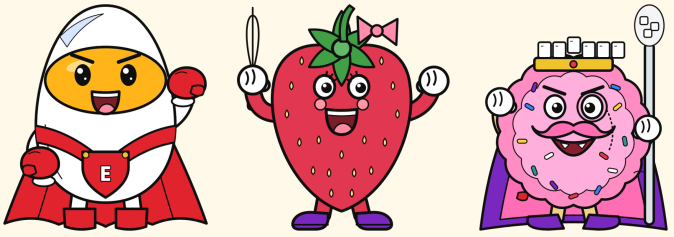
- Can the child name a food from each group?
- Can they give a reason why sugary snacks are "sometimes" foods?
- Does their plate design include variety?

Extension ideas

- Keep the **My Breakfast Diary** for a week and talk about what you notice.
- Write a short story: *"The day Lord Sugar Scrunch came to our school"*.
- Make a class "Breakfast Hero" display with the colouring pages.
- Award the **Breakfast Hero certificate** for great choices or great teamwork.

Talk prompts

- How do you feel when you skip breakfast?
- Why do you think Lord Sugar Scrunch's sugar storm made everyone sleepy?
- Why is it better to work as a team, like the Brilliant Brunch Bunch?



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Meet the Heroes!

The Barmy Breakfast Boys & the Lucky Lunch Ladies



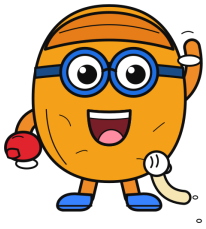
Egg-Man

The brave leader. Hard-boiled on the outside, a bit runny in the middle!



Sir Sausage Soldier

A loyal knight who stands to attention, even in a sizzling pan.



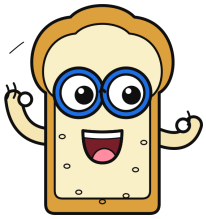
Baked Bean Boy

Small, speedy and totally full of beans!



Bacon Boss

The cool, crispy planner with an idea for every problem.



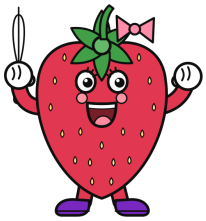
Terry the Toast

Always on a roll… well, a slice! He brings everyone together.



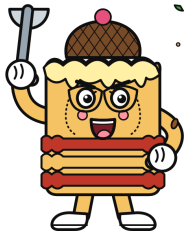
Miss Salad Fingers

Her crunchy carrot fingers are brilliant for tickling!



Susan the Strawberry

Sweet and kind, but berry fierce with her whisk.



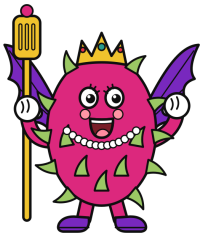
Lasagne Lady

Layer upon layer of lunch lady power.



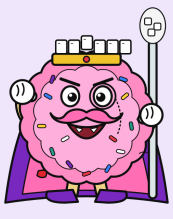
Garam Masala Girl

Her Spice Storm makes the Sugar Cubes sneeze!



Dame Dragonfruit

Royal ruler of the fruit bowl, with mighty dragon wings.



And the villain… Lord Sugar Scrunch!

He wants pudding for every meal, until the heroes show him that treats are for *after* a good meal.

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Everyday food or sometimes food?

Cut out the cards and stick them on the right plate

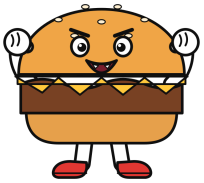
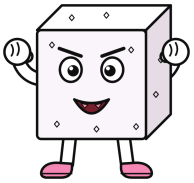
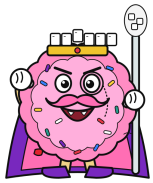
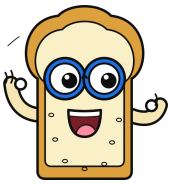
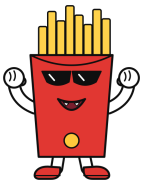
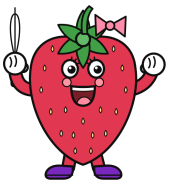
EVERYDAY FOODS

Foods that give us lasting energy

SOMETIMES FOODS

Treats for after a good meal

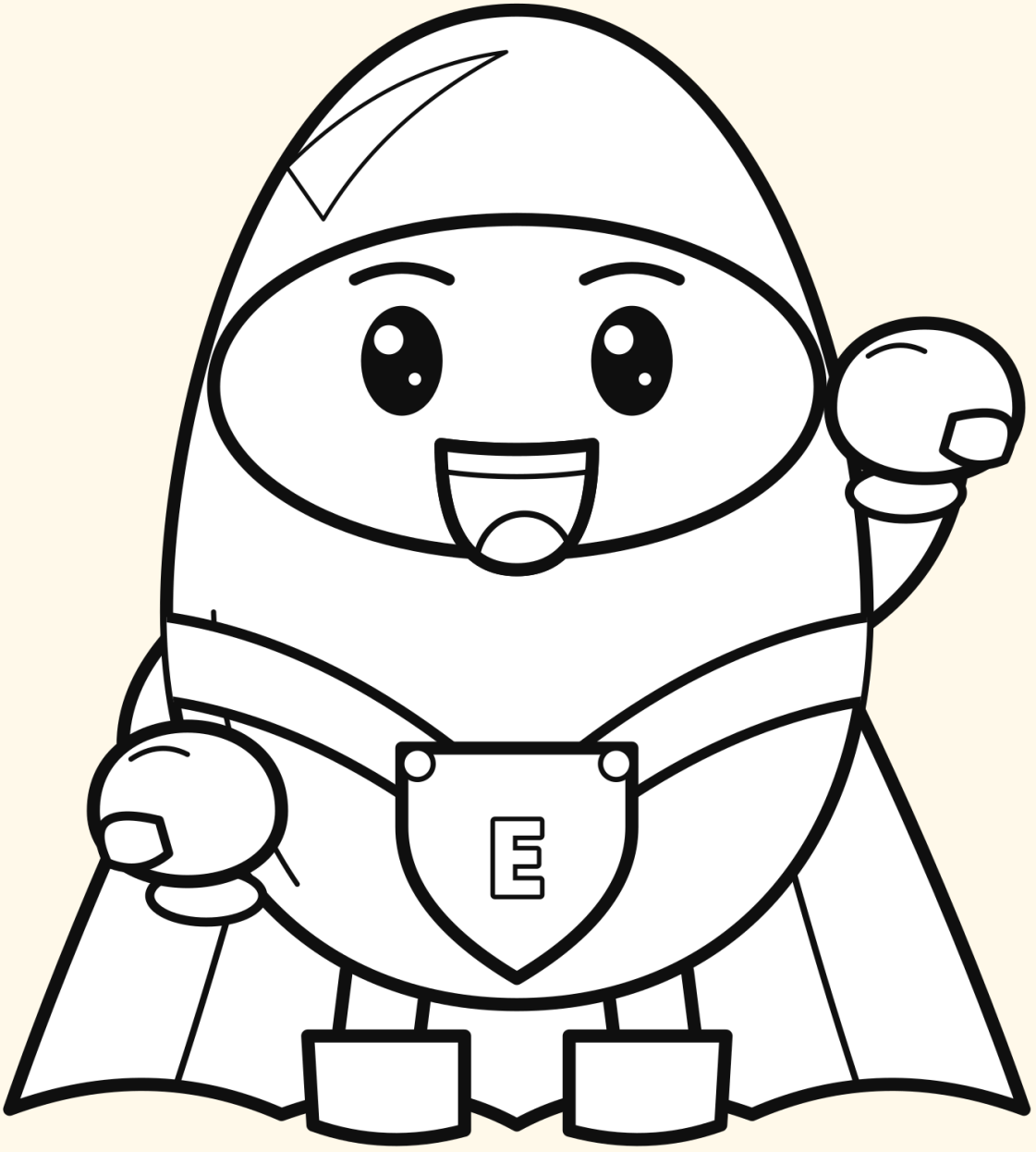
✂ - cut along the dotted lines -

 **Beans**	 **Burger**	 **Sugar**	 **Eggs**
 **Doughnut**	 **Sugary cereal**	 **Carrots & veg**	 **Fruit**
 **Wholegrain toast**	 **Chips**	 **Fizzy drink**	 **Strawberries**

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Colour in Egg-Man!

Leader of the Barmy Breakfast Boys



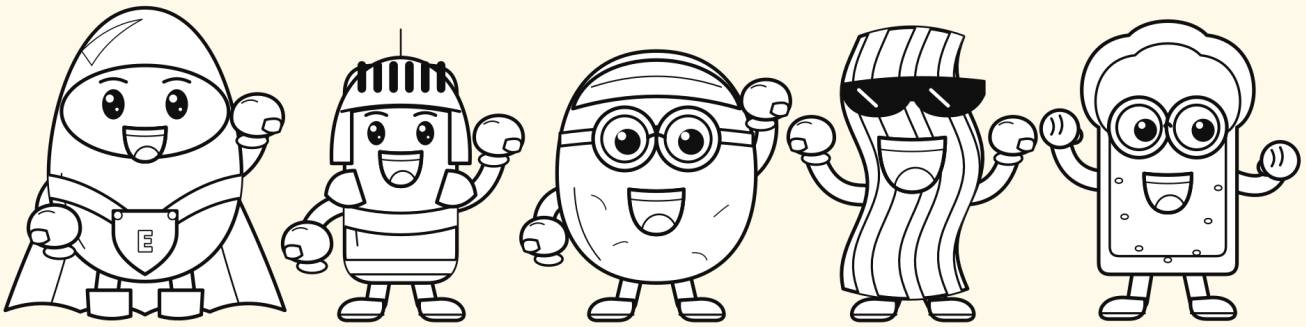
Egg-Man leads the way, always ready to save the day!

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Colour the Heroes!

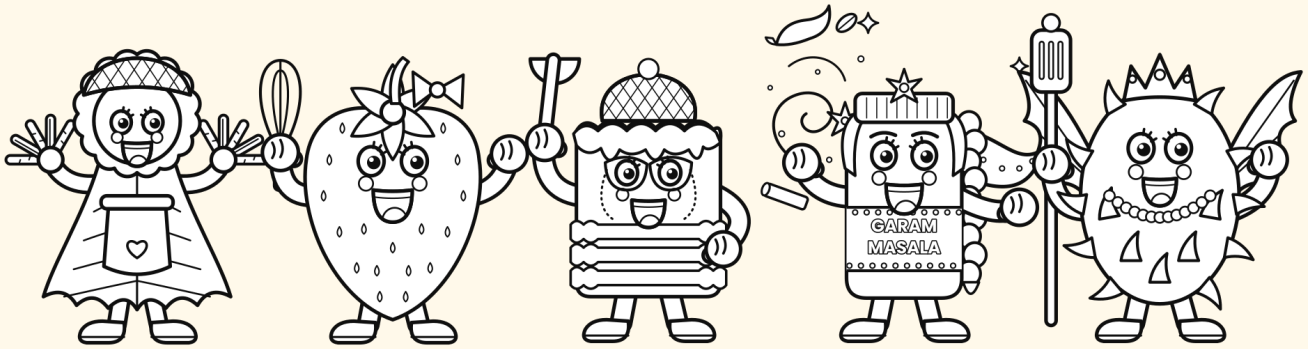
Can you remember everybody's name?

THE BARMY BREAKFAST BOYS



Egg-Man | Sir Sausage Soldier | Baked Bean Boy | Bacon Boss | Terry the Toast

THE LUCKY LUNCH LADIES



Miss Salad Fingers | Susan the Strawberry | Lasagne Lady | Garam Masala Girl | Dame Dragonfruit

Draw yourself as a hero here

My favourite hero is:

_____

Because:

_____

_____

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Design your own Breakfast Hero!

Invent a new hero for Breakfast City

Draw your hero here

My hero's name:

What breakfast food are they?

Their superpower:

Their signature move:

Why are they good for you?

Now draw a balanced breakfast for your hero:

Fruit or veg ✓ Wholegrain ✓ Protein ✓ Water or milk ✓

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My Breakfast Diary

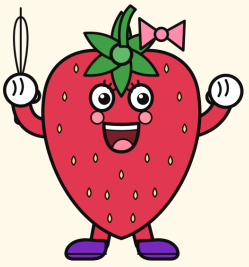
Write or draw your breakfast, then tick the food groups

Name: _____ **Class:** _____

	What did I eat?	Fruit or veg	Wholegrain	Protein	Water or milk	How did I feel?
Monday						☺ ☹
Tuesday						☺ ☹
Wednesday						☺ ☹
Thursday						☺ ☹
Friday						☺ ☹



Get a tick in every box and you're a true **Breakfast Hero!** Which day was your best breakfast?



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Breakfast Word Search

Words go across → and down ↓

P	W	B	R	E	A	K	F	A	S	T	F
M	F	M	M	G	Y	I	Y	W	C	V	R
W	F	T	H	F	P	B	E	A	N	S	U
N	S	A	U	S	A	G	E	I	W	T	I
H	Y	S	L	B	H	B	L	N	I	C	T
G	U	A	L	G	W	R	N	W	S	P	E
I	E	L	H	H	E	R	O	T	P	T	I
U	O	A	U	T	O	A	S	T	I	N	M
H	E	D	S	W	A	T	E	R	C	R	C
B	D	E	E	G	G	M	A	N	E	W	F
Y	O	V	C	N	L	A	S	A	G	N	E
N	V	P	S	I	T	B	A	C	O	N	A

Find these words:

EGGMAN

BACON

TOAST

BEANS

SAUSAGE

SALAD

LASAGNE

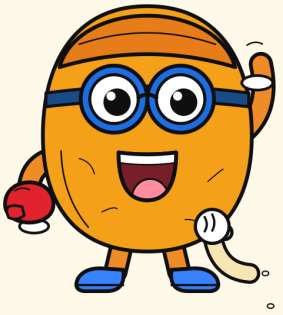
SPICE

BREAKFAST

HERO

FRUIT

WATER

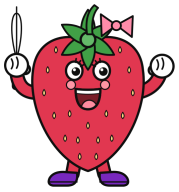


Teacher answers

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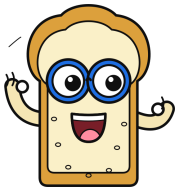
THE BARMY BREAKFAST BOYS

START YOUR DAY LIKE A BREAKFAST HERO!



Add fruit or veg

Berries, banana, tomatoes... colour your plate!



Pick wholegrains

Wholemeal toast, porridge or wholegrain cereal for lasting energy.



Power up with protein

Eggs, beans, yoghurt or milk help you grow strong.



Drink water

Keep your brain fresh and ready to learn.



Beat Lord Sugar Scrunch!

Sweets and fizzy drinks are sometimes foods: treats are for AFTER a good meal.

GOOD FRIENDS MAKE A GREAT BREAKFAST!

THE BARMY BREAKFAST BOYS

Official Breakfast Hero

This certificate is proudly awarded to

_____

for being a brilliant Breakfast Hero and helping to keep Breakfast City healthy and happy!



E

_____ _____

Signed **Date**

Collect all the adventures!

Six semi-colouring adventures with 24 story pages to colour



The Original



Book 1: The Sugar Scrunch Swap



Book 2: Journey to Sugar Mountain



Book 3: The Brilliant Brunch Bunch



Book 4: The Pumpkin Grumble



Book 5: The Candy Cane Elf

Bring the Barmy Breakfast Boys to your school

Author visits with assemblies, colouring workshops and the Barmy Breakfast Boys theme tune. Class sets of the books are also available.

Find out more, download more free resources and get in touch at thebarmybreakfastboys.com

For parents

All the books are available in paperback on Amazon. Search "The Barmy Breakfast Boys".

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