

Simple Meal Planning – Breakfast (I)

Meal planning is important because balanced diet helps to keep our body healthy. The three main meals in a day are breakfast, lunch and dinner.

Breakfast

Breakfast is the first meal of a day. It is served in the _____. Very often, simple food is served with a drink.

Examples:	Chinese style breakfast	Western style breakfast
	Fish congee with shredded lettuce Fried noodles Hot tea	Cereal with milk Sausage and boiled egg An apple
	Vegetable buns Soya bean milk with egg	Macaroni with mixed vegetables Bacon and baked beans Coffee

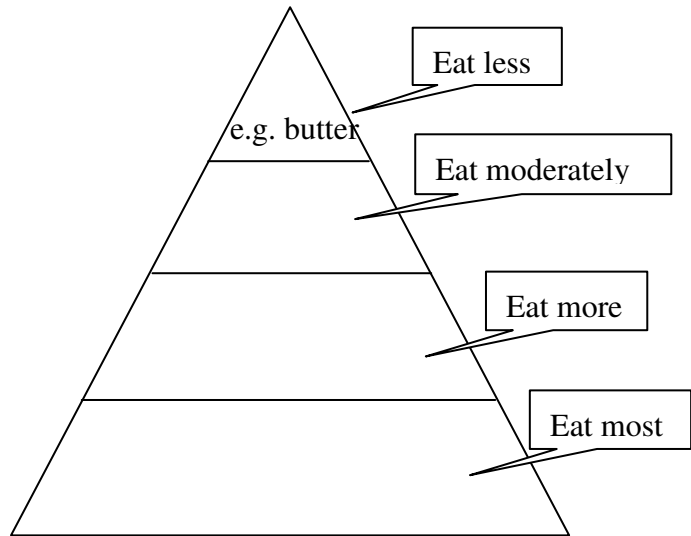
Beverage or drink

- ◆ Examples are: milk, tea, coffee, horlick, ovaltine, cocoa, chocolate drink... etc. They can be served **hot** or **cold** to provide water.
- ◆ Fruit or vegetables juice (e.g. orange juice, lemon juice, grapefruit juice, pineapple juice, apple juice, tomato juice... etc.) should be served cold.
- ◆ Soft drinks contain a lot of sugar. They are not recommended.

Exercise 1

Put the ingredients used in **Menu A** into the appropriate space of the healthy diet pyramid below.

Menu A
 Tomato and mushroom omelet
 Toast with butter
 Orange juice



Put ✓ in the appropriate boxes to show the value of the ingredients in **Menu A**.

<u>Main ingredients</u>	<u>Food value</u>					<u>Dietary fibre</u>	<u>Water</u>
	<u>For body growth</u>	<u>For energy</u>		<u>For health and protection</u>			
	<u>Protein</u>	<u>Carbohydrates</u>	<u>Fats</u>	<u>Vitamins</u>	<u>Minerals</u>		
eggs							
tomato							
mushroom							
toast							
e.g. butter	---	---	✓	---	---	---	---
orange juice							

Is **Menu A** a balanced breakfast? Yes / No

Exercise 2 Compare Menu B and Menu C

<p><u>Menu B</u> Beef and vegetable noodles in soup Tea</p>	<p><u>Menu C</u> Fried egg and ham Pan cake with syrup Coke</p>

Put ✓ in the appropriate boxes to show the value of the ingredients in **Menu B.**

<u>Main ingredients</u>	<u>Food value</u>					<u>Dietary fibre</u>	<u>Water</u>
	<u>For body growth</u>	<u>For energy</u>		<u>For health and protection</u>			
	<u>Protein</u>	<u>Carbohydrates</u>	<u>Fats</u>	<u>Vitamins</u>	<u>Minerals</u>		

Put ✓ in the appropriate boxes to show the value of the ingredients in **Menu C.**

<u>Main ingredients</u>	<u>Food value</u>					<u>Dietary fibre</u>	<u>Water</u>
	<u>For body growth</u>	<u>For energy</u>		<u>For health and protection</u>			
	<u>Protein</u>	<u>Carbohydrates</u>	<u>Fats</u>	<u>Vitamins</u>	<u>Minerals</u>		

Which one is a better choice for breakfast? Menu _____ is better.

Give the advantages of this menu to explain your choice.

What are the disadvantages of the other menu?

Simple Meal Planning – Breakfast (II)

Food for breakfast

Food groups	Foods for breakfast	Methods of cooking/serving
Food for Energy -cereal, grain, starch	Breakfast cereals e.g. cornflakes, rice bubbles,	Serve with milk, sugar and fruit
	Bread, toast, buns	Serve with butter and jam
	Noodles, rice noodles,	Cooked with boiling or stir frying
	Spaghetti, macaroni, congee	Cooked with boiling
	Hot cakes, pan cakes	Cooked with shallow frying
	Potato	Cooked with boiling, baking or deep frying
Food for body building and growth -meat, milk, egg, fish, beans	Bacon, ham, sausages	Cooked with shallow frying
	Cheese	Serve with bread
	yogurt	Serve cold with fruit
	Egg	Cooled with: Boiling – poached egg, boiled egg Stir frying – scrambled egg, omelet Shallow frying – shallow fried egg
	Fish fillet	Cooked with boiling or shallow frying
	Mushroom	Cooked with stir frying
	Beans	Cooked with baking or boiling
Food for health and protection -fruit and vegetables	Fruit (e.g. banana, apple, peach, grapes, strawberry... etc.)	Serve cold with yogurt
	Vegetables (e.g. carrot, lettuce, cabbage... etc.)	Cooked with boiling or stir frying

Name: _____ () Class: F.1___ Date: _____ Mark: ___/10

Meal plan - Breakfast

Plan, cook and serve a breakfast with the use of **EGG** as one of the ingredients. Make sure a drink is included.

Menu

Dishes chosen: _____

Drink: _____

<u>Ingredients</u>	amount	items
<u>Equipment list</u>	For preparation: _____ _____ For serving: _____ _____	
<u>Method</u>		

Teacher's comment:

Slcss/he/f1/everyday meals - breakfast

Draw and label the utensils used

1. For preparation:

2. For serving: