

# VIBE ACTIVITIES

## Healthy Vibe – *Big Brekkie Bowl* page 27

**W**hen you're juggling a busy schedule, it's easy to forget some things along the way... like breakfast. But breakfast is actually the most important meal of the day. Why? Because it gives you the energy to perform important tasks like thinking, and kickstarts your metabolism, giving you energy for the day. So even if you have to get up a little earlier, always make time for breakfast.

# Big brekkie bowl

No better way to start your day

HEALTHY  
RECIPE



Preparation  
time:  
20 mins  
Cooking time:  
30 mins

### Serves 4 INGREDIENTS

- \* Olive oil cooking spray
- \* 2 wholemeal lavash breads
- \* 2 teaspoons olive oil
- \* 200g mushrooms, finely sliced
- \* 1 clove garlic, finely sliced
- \* 6 cherry tomatoes, halved
- \* 2 tablespoons chopped fresh basil
- \* 4 slices reduced-fat ham
- \* 4 large eggs
- \* Extra basil leaves, to garnish



### METHOD

1. Preheat oven to 180°C. Grease four large muffin tins with olive oil cooking spray.
2. Cut some long strips of baking paper and push into tins, making sure the ends extend above the sides.
3. Cut lavash breads in half and spray with olive oil on both sides.
4. Push the lavash breads into the tins, folding over the sides; the bread corners should extend outside of the tin.
5. Bake the 'Breakfast Bowls' for 10 minutes until golden brown then remove from the oven. Set aside.
6. Heat oil in a non-stick frying pan over medium-high heat and cook mushrooms and garlic for about 3 minutes or until they have softened and all the juices have been released.
7. Add tomatoes and basil and cook a further 2 minutes.
8. Spoon the mushroom and tomato mixture evenly into the lavash 'bowls'.
9. Cut each piece of ham in half, lengthwise, and position around sides of the bowls.
10. Crack an egg into the centre of each bowl and bake for 10-15 minutes or until the egg is cooked to your liking.
11. To serve, remove Brekkie Bowls from tins and place on serving plates. Garnish with extra basil leaves. These are great served with steamed asparagus and lightly sautéed cherry tomatoes.

**Tip:** If the lavash bread tears when you push it into the tin, don't worry. Just fold it over and bake as per the recipe. The bread will still harden and set.

Recipe and image provided courtesy of Australian Egg Corporation. Reproduced with permission. © 2014 National Heart Foundation of Australia. For other healthy recipe ideas, visit [www.heartfoundation.org.au/recipes](http://www.heartfoundation.org.au/recipes) or call 1300 36 27 87.











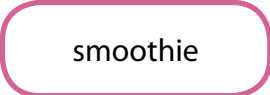
Breakfast is the most important meal of the day. It gives you the energy to complete everything you need to do during your day at school.

Big Brekkie Bowl is a quick and easy breakfast recipe to make before you go to school.

## ACTIVITY 1

### WHAT DO YOU HAVE FOR BREAKFAST?

**1** Draw a line to match these breakfast foods to their picture?

**1** Make a list of the foods you like to eat for breakfast.

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## ACTIVITY 2

### COLOUR THE COMMON NOUNS

**1** Remember – A common noun can be a person, place or thing.

olive oil

large

tomatoes

bread

mushrooms

mine

bake

ham

eggs

serve

**READ** Healthy Vibe – *Big Brekkie Bowl* on page 27

## ACTIVITY 3

### BUILDING READING SKILLS

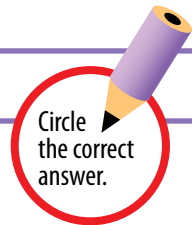
**You can build your reading skills by**

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

**There are three levels of comprehension questions:**

- |                 |   |
|-----------------|---|
| <b>Literal</b>  | The answer is located in one sentence in the text.  |
| <b>Inferred</b> | You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know. |
| <b>Applied</b>  | The answer is in your background knowledge, what you already know or feel.  |

**1 TRUE or FALSE? Circle the correct answer.** (literal)



You need 200g mushrooms for this recipe.

TRUE FALSE

It takes 20 minutes cooking time to make this recipe.

TRUE FALSE

This recipe is enough for six people.

TRUE FALSE

Breakfast is the most important meal of the day.

TRUE FALSE

**2 This recipe says you can “garnish” with extra basil leaves. What does this “garnish” mean?** (inferred)

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**3 Why is the picture included with this recipe?** (inferred)

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## ACTIVITY 4

### CLOZE PASSAGE



**1** Fill in the gaps using words from the **Word Box** below.

Breakfast is the most \_\_\_\_\_ meal of the day. It gives you the \_\_\_\_\_ to perform important tasks at \_\_\_\_\_, like thinking and playing. If you \_\_\_\_\_ breakfast, you can feel \_\_\_\_\_ during the day, which can make it hard for you to \_\_\_\_\_. This affects your learning because you may find it hard to \_\_\_\_\_ things.

**Word Box**

energy    remember    skip    concentrate

tired    school    important

Place the words from the **Word Box** in ABC order.

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## ACTIVITY 5

### LANGUAGE CONVENTIONS - SPELLING



- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

You need too wholemeal wraps.

This requirs wholemeal bred.

These are grate for breakfast.

- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

These are the ingrediants you need.

You need six tomato's.

Cut each peace of ham into quarters.



- 3** Circle the misspelt words below and rewrite them correctly.

brekfeast    makeing    energy    cooking    bakeing    remoov

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Place the six words in ABC order.

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## ACTIVITY 6

### POSTER

- 1** Design a poster to persuade students your age that breakfast is the most important meal of the day. Why not put your poster on display in your classroom to remind everyone that breakfast is the most important meal of the day?

