















## Activities & Inspiration



### Breakfast Around the World

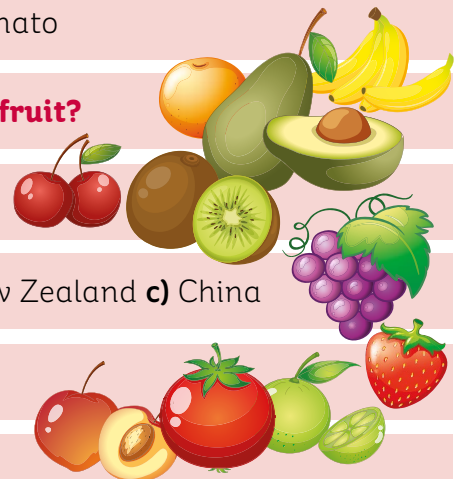
What do you like to have for breakfast? Cereal and milk, toast and jam or hot porridge? We all know that it is the most important meal of the day, but depending on where you live, it can be very different! Can you work out which country traditionally starts the day with these breakfasts?

1	<b>Canada</b> 	In which country does savoury porridge made from rice, and steamed buns with different fillings make for a filling hot breakfast?	
2	<b>France</b> 	In this warm country, they tuck into a soft cheese pie with thick yoghurt and honey, both of which are usually made from sheep or goat's milk.	
3	<b>China</b> 	Plenty of countries enjoy potato in some form for breakfast, but which serves a potato cake with scrambled eggs and sausage?	
4	<b>Poland</b> 	Where in the world is fresh pastry dipped in a coffee or hot chocolate a traditional start to the day?	
5	<b>Morocco</b> 	People in this country like a sweet twist to breakfast – bacon with maple syrup! Not surprising, as they produce 80% of the world's maple syrup, made from the naturally sweet sap of maple trees.	
6	<b>Greece</b> 	For those that like a bit of spice in the morning, head to this part of the world for eggs baked in a cumin-flavoured tomato and pepper sauce.	

### Fruity facts

Fruit makes a great addition to healthy breakfasts all over the world. Take our quiz to find out if you know your pears from your plums!

- Which of these is actually a fruit? a) Courgette b) Avocado c) Tomato
- Limes, lemons, grapefruits and tangerines are all types of which fruit?
- Which fruit 'keeps the doctor away'?
- Which country is the kiwi fruit originally from? a) France b) New Zealand c) China
- Heating fruit with sugar is an easy way to make...?
- Raisins and sultanas are both dried versions of which fruit?



How many different types of fruit have you tried for breakfast?

**Answers:** Quiz: 1. Canada – maple syrup and bacon 2. France – pastry dipped in a coffee or hot chocolate a traditional start to the day 3. China – savoury porridge and steamed buns 4. Poland – potato cake 5. Middle East – baked eggs 6. Greece – cheese pie, yoghurt and honey Fruity facts: 1. All of them! 2. Citrus 3. Apples 4. China 5. Jam 6. Grapes