

Breakfast Corner

Why are we focusing on breakfast?

- Eating breakfast has many benefits. It can improve academic and physical performance, and is associated with less snacking and less weight gain.
- Each school week over 100,000 children (aged 5 to 14-years of age) skip breakfast at least one day of the week (18% of the age group).
- 36,000 children never eat breakfast at home on a school day (6% of 5 to 14-year-olds).
- Children who skip breakfast are more likely to buy energy-dense nutrient-poor food (ie, food high in fat and/or sugar, and low in other essential nutrients) to eat on the way to school.
- Children of Pacific ethnicities are 5.7 times more likely and Māori children are 2.5 times more likely to skip breakfast than New Zealand European children or children from other ethnic groups.

Here is a great recipe to use on a school morning:

Super fast egg-in-a-cup

2 minutes

Make an egg-in-a-cup in the time it takes to cook your toast! A quick breakfast sandwich to fuel school, sport and play.

Cooking directions

- Grease a microwave-proof coffee mug and add a pinch of salt in the bottom of the cup.
- Crack an egg into the cup.
- Pierce the yolk with a fork.
- Cover with glad wrap.
- For soft-cooked egg: Cook in microwave on HIGH for 30 seconds and then stand (still covered with the glad wrap) for another 10 seconds.
- For hard-cooked egg: Cook in microwave on HIGH for 40 seconds and then stand (still covered with the glad wrap) for another 30 seconds.
- Sandwich in a muffin split for a breakfast sandwich or try on wholegrain toast with sliced tomato.

