



Cracking eggs

Fun and engaging teaching resources, interesting facts and information about eggs for 5 - 11 year olds

Healthy breakfast poem

It's very nearly breakfast time
And I can hardly wait
I make sure lots of healthy foods
Are put upon my plate

There are many healthy things to have
Which do you love the most?
Porridge, yoghurt, water, milk
Or yummy wholemeal toast

Eggs are really good for you
Their nutrients help you grow
There's cereal for energy
And fruit to make you glow

So start each of your mornings
In a very healthy way
Your breakfast gives you energy
That lasts throughout the day!



egginfo.co.uk/schools