**Breakfast Burrito (with Bacon)**

*Groups of 4*

**Ingredients:**
- 4 eggs
- 25 mL parsley, chopped
- ½ tomato, cut into strips
- 50 mL green onions, chopped
- 125 mL cheddar cheese, grated
- 4 slices of bacon, cooked and crumbled
- 2 large flour tortillas
- 100 mL Salsa

**Method:**

1. Over medium heat, cook bacon in a pan until crisp
2. Place on paper towel, crumble and set aside
3. In a medium bowl, beat eggs with a fork
4. Over medium heat, pour in egg mixture and immediately reduce heat to medium low
5. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds
6. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist (4-5 min)
7. On a cutting board, cut tomatoes into strips and dice green onions
8. Grate cheese and place in small bowl
9. Spread tomatoes, green onions, bacon and cheese over tortilla, add scrambled egg and top with salsa. Enjoy!
1. Breakfast is an important meal of the day because it provides:
   a. 
   b. 
   c. 
   d. 

2. Name and describe the food items that you most often eat for breakfast? (2 marks)

3. Do you consider your breakfast to be healthy? Explain your answer. (3 marks)

4. What do you think a “good” or “healthy” breakfast should contain? (4 marks)

5. Why do some people skip breakfast? Suggest an idea to help solve the reason for skipping breakfast

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<th>5. Why do some people skip breakfast?</th>
<th>Suggest an idea to help solve the reason for skipping breakfast</th>
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<tbody>
<tr>
<td>a.</td>
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