Breakfast Scenarios

Read each breakfast scenario presented below. Discuss within your group and write a breakfast suggestion that meets the criteria in each scenario. Your breakfast idea should be creative, yet feasible and it should also meet the requirements of a good breakfast!

Scenario 1

This breakfast is to be a light breakfast that can be easily prepared and eaten within 10 minutes. You cannot use toast, cereal or juice.

Scenario 2

This breakfast is to be made up entirely of leftovers you would typically find in the fridge. This breakfast should not contain any typical breakfast foods.

Scenario 3

This breakfast is to be traditional breakfast that contains all four food groups. It should require some preparation time.

Scenario 4

This breakfast should be one that can be eaten while you are being driven to school.
Scenario 5

This breakfast is for the person who does not like to eat first thing in the morning, but would bring it to eat for morning break.

Scenario 6

Create a breakfast that young children would like. This breakfast can contain traditional breakfast foods or nontraditional foods. The meal must be interesting and fun to eat.

Scenario 7

This breakfast is for a 52 year old working father, who has recently been told by his doctor that he is at a very high risk of getting a heart attack or stroke.