



Group Three:

Instructions:

- Discuss the pros and cons of your group's breakfast suggestion with your group (approx. 5 mins)
- Consider whether this breakfast would set you up for a healthy and productive working day
- Questions during the breakout time? Call for me to come and visit your group
- Nominate a spokesperson to feedback your ideas to the main group later

CHOOSE EITHER THIS...

Store-bought Fruit Smoothie Drink (250ml)

Ingredients:

Fruit puree (25% apple, 25% banana), 25% apple juice
Vegetable puree (14% courgetti, 9% celery, 1.5% fennel)
Natural colour (safflower, spirulina)

Per 250ml serving:

fibre – 2g
Calories - 130
Carbs – 27,5g
Natural sugars - 25g
Fat - 0,75g (0,25g saturated fat)
Protein - 2g



...OR THIS:

Kefir Drink (250ml) plus one piece of fruit of your choice

Ingredients:

Half-fat fermented milk

Per serving (250ml):

Fibre - 0g

Calories - 110

Carbs – 9,75g

Natural sugars – 9,75g

Fat - 4g (2,75g saturated fat)

Protein -9g

