



## Group Two:

### 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

## Bread & Eggs

**Toasted bread (your choice of bread type) and Eggs (as many as you like, cooked any way you like)**

*Suggestions (Dutch translation in brackets):*

Bread: Spelt bread (speltbrood) / brown bread (bruinbrood) / wholemeal bread (volkoren) / sourdough bread (zuurdesem) or another type you prefer

Eggs: Scrambled (roerei), fried (gebakken ei), poached (gepocheerd ei), boiled (gekookt ei), omlette

