

Your guide to the

# Great BIG Breakfast

**magic  
breakfast**  
fuel for learning



**#GreatBigBreakfast**

# LET'S GET Started!

## What is Great Big Breakfast?

This February we invite schools, families, friends, communities and workplaces to join together for fun, food, flipping and friendship to raise vital funds to continue putting breakfast on the table for up to...

**200,000**

children and young people each weekday morning.



## Who is Magic Breakfast?

Magic Breakfast is a UK charity, providing breakfasts and support to schools across disadvantaged areas of England and Scotland. We are on a mission to eradicate morning hunger for children and young people, one breakfast at a time. And to do that we need your help.

It has long been said that breakfast is the most important meal of the day

and for young people at school, this couldn't be truer. Breakfast boosts concentration and attainment and a whopping 83% of our Magic Breakfast partner schools agree that breakfast at school improves pupils' mental wellbeing. By getting involved in Great Big Breakfast you can help tackle hunger, improve mood, enhance social skills, and set children up for a better day ahead.

**"Breakfast bagels have helped this group of children to come into school and settle. Behaviour has improved overall but the importance of friendship has been highlighted as breakfast is eaten together within the classroom. This has proved to be important for the pupils' mental health in many ways."**

Partner School – Birmingham

# ARE YOU A MAGIC BREAKFAST partner school?

## 1. Choose a date

Choose a date in February and select a time that works best for your school to have your Great Big Breakfast.

## 2. Spread the word

Invite children and staff to celebrate our favourite meal of the day. You might also like to invite parents, carers, governors and volunteers to make this a real community event.

## 3. Go Flip'tastic

We've got a flippin' great challenge. Grab your toast, bagel, pancake, eggs, hashbrowns – we want to see how many flips your breakfast attendees can make with a breakfast item of your choice. Maybe you've got certain teachers who are always up for a challenge – or pupils who like a competition – hand them a frying pan and let's get them pitting their wits against each other – breakfast style. We'd love to see their efforts – simply time each participant for **15 seconds** to see who's the flippin' winner!

## 4. Enjoy your event

A Great Big Breakfast is your chance to celebrate being part of the Magic Breakfast family with other partner schools across England and Scotland, the general public and many workplaces who will be getting involved. This huge community effort shows the importance of the issue of childhood morning hunger.

## 5. Take to social media!

We'd love you to share your Great Big Breakfast across your school's socials – Facebook and Instagram photo feeds, a LinkedIn update or via a tasty tweet. Don't forget to tag us in your pictures and stories **#GreatBigBreakfast** All our social handles are listed below:



@magic\_breakfast



@magicbreky



@magicbreakfastuk

#GreatBigBreakfast

Go Flip'tastic!



# THANK you!

Thank you for supporting the Great Big Breakfast. Please use the poster, Flip'tastic entry form, colouring sheet and quiz below to help you organize your events.

## #GreatBigBreakfast

You're invited to the:

# GREAT BIG



**When:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Where:** \_\_\_\_\_

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# competition form

Registered Charity Numbers:  
1102510 in England & Wales & SC048202 in Scotland

# LET'S GET Social!



Our pupils loved celebrating the Great Big Breakfast. It seems we have some expert flippers in our midst even Mr/ Mrs xxxheadteacher namexx had a go!

Today, we enjoyed a special breakfast together in to celebrate the Great Big Breakfast  
**@magicbreky #GreatBigBreakfast!**

Our school is so proud to be a Magic Breakfast school. We really enjoyed getting together for the Great Big Breakfast.

**Download our social tiles** for lovely visuals you can use to show you're taking part.

Make sure to tag Magic Breakfast in all your posts, and use our hashtags!

 @magic\_breakfast  @magicbreky

 @magicbreakfastuk



Scan for the **Great Big Playlist!**



**#FuelForLearning**

**#NoChildTooHungryToLearn**

**#MagicBreakfast**

**#GreatBigBreakfast**



# QUIZ

Fancy running a short quiz during your Great Big Breakfast?  
Here are a few questions that you may want to use.

1. Bagels are a popular item for children at Magic Breakfast's partner schools but how are they cooked by our suppliers before they send them to Magic Breakfast?

- a) Boiled
- b) Baked
- c) Boiled, then baked

2. Darjeeling, Earl Grey and Assam are all types of what drink, often drunk in the UK at breakfast time?

- a) Coffee
- b) Tea
- c) Orange Juice

3. In which country might you find the traditional dishes of haggis, tattie scones and square sausage on your breakfast plate?

- a) Wales
- b) Scotland
- c) Canada

4. What type of food can be scrambled, poached, or fried?

Answer: \_\_\_\_\_

5. Bananas are a great item to eat at breakfast time. But how many bananas do people in the UK eat each year?

- a) 100 million
- b) 1 billion
- c) 5 billion

6. In which country do people traditionally have crescent shaped pastries dipped in coffee or hot chocolate at breakfast?

Answer: \_\_\_\_\_

7. In which country do people eat something called paratha for breakfast?

- a) Mexico
- b) Portugal
- c) India

8. When did Kellogg's first introduce their Rice Krispies cereal?

- a) 1928
- b) 1948
- c) 1938

9. Where does maple syrup (a popular topping for pancakes) originate from?

- a) United States of America
- b) Canada
- c) Australia





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- a) Wales
- b) Scotland**
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4. What type of food can be scrambled, poached, or fried?

Answer: **Eggs**

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Answer: **France**

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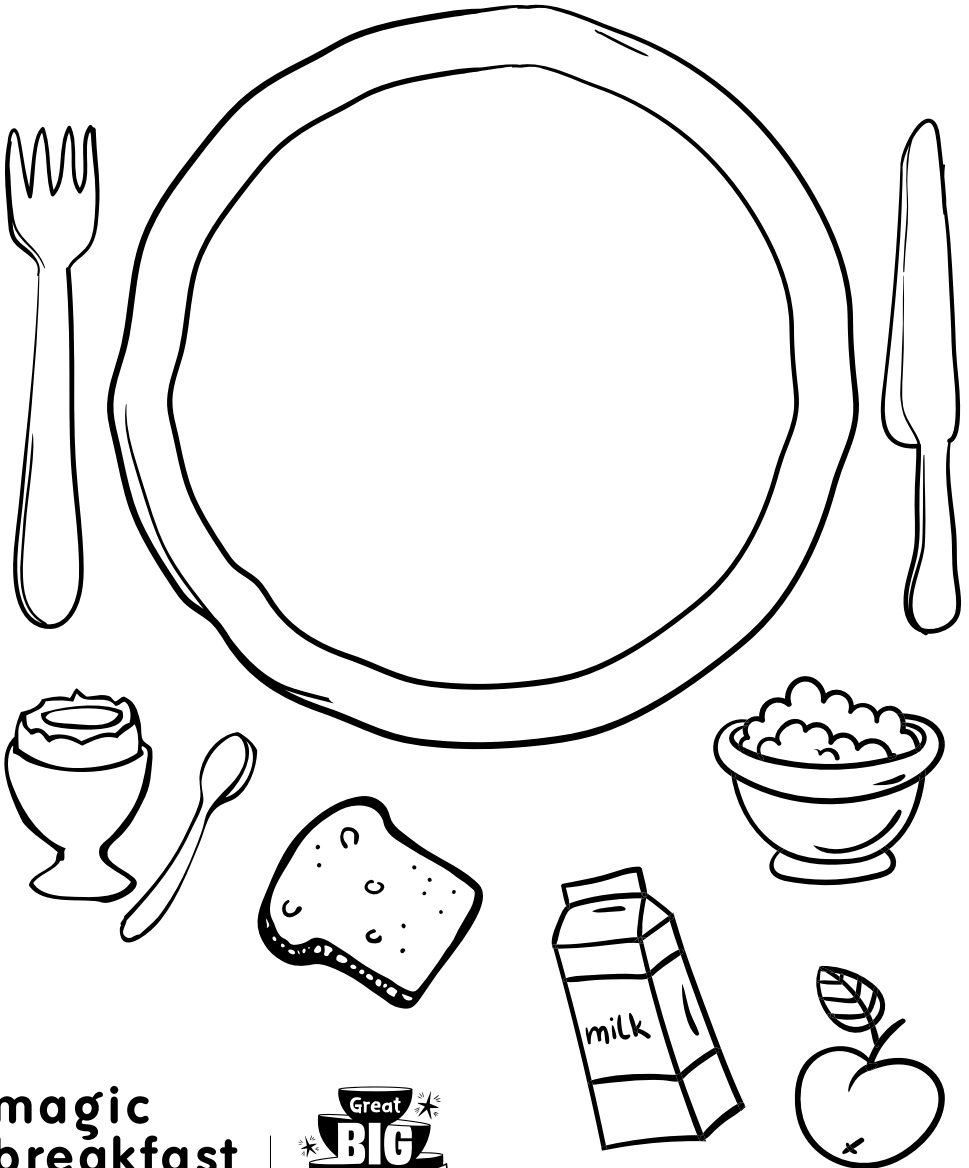
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- b) Canada**
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# My breakfast

What's on your plate?



# It's breakfast time!



# HOW TO MAKE YOUR BUNTING

1. Print as many copies of the template as you need onto A3 paper.
2. Carefully cut out the triangle following the dotted lines.
3. Fold the tabs over some string or ribbon and staple or stick with glue.
3. Hang your bunting using tape to attach it to a wall.



Make your bunting super strong!  
Stick your templates onto card  
before cutting them out.



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Registered with

FUNDRAISING

REGULATOR

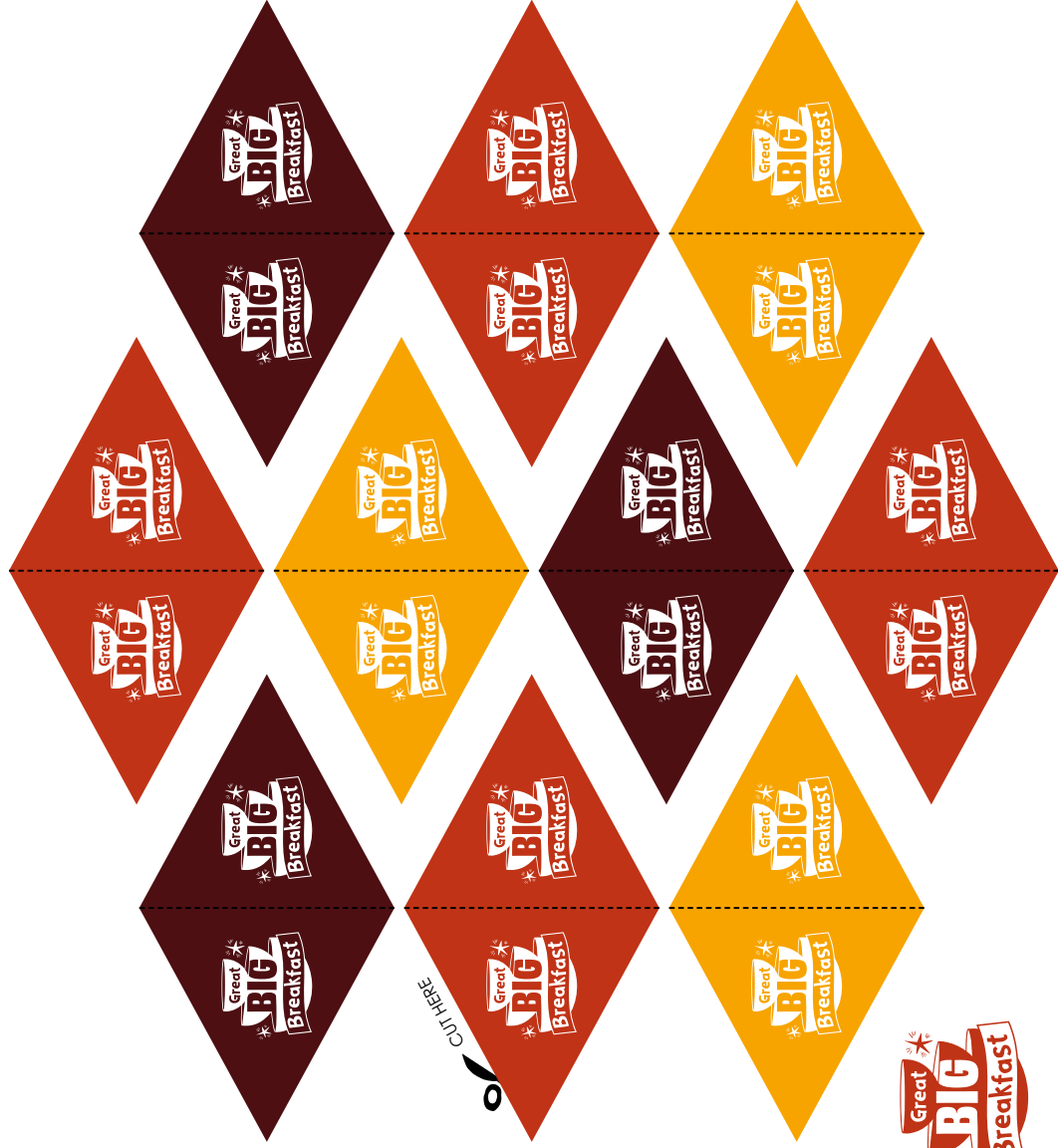
Magic Breakfast: Great Big Breakfast Campaign  
Registered charity in England (1102510) and  
Scotland (SC046824).

# HOW TO MAKE CAKE TOPPERS

1. Print as many copies of the template as you need onto A4 paper.
2. Carefully cut out each flag.
3. Fold the flag along the dotted line.
4. Apply glue to the reverse of the flag.
5. Place a cocktail stick centrally on the reverse of the flag.
6. Fold the two glued sides of the flag together and hold down.



Secure your cocktail stick with a small piece of sellotape before gluing both sides of the flag together.



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